

Thursday, January 11, 2018

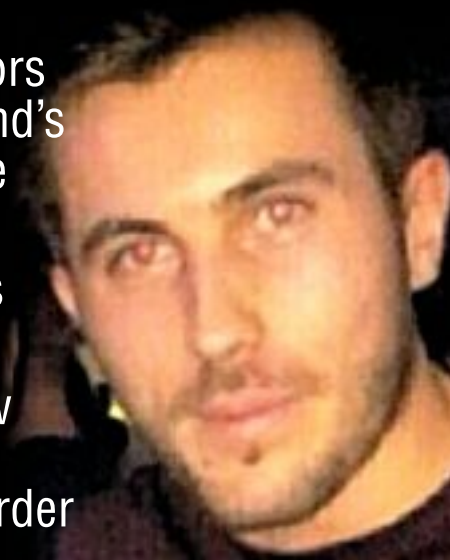
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# Stalker who caused £10k of damage escapes jail

Victim left feeling 'helpless and anxious'

- 22-year-old tracked visitors to ex-girlfriend's Harlow home
- He damaged their vehicles during visits
- Man has now been given a restraining order



FULL STORY: DETAILS FROM THE COURT CASE **PAGE 3**



## IT'S A NAPPY NEW YEAR FOR BABIES BORN ON JANUARY 1

FULL STORY: **PAGE 5**

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in this week's paper...



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■ Mulberry Green Estate, Station Road, Old Harlow	■ Haart, 4 West Gate, Harlow
■ Genesis, 3 High Street, Old Harlow	■ Future Let, 52 Market Street, Old Harlow
■ Kings, Unit 4, Church Langley Way, Harlow	■ Reyland Johnson, 1 Acorn Mews, Harlow
■ Kings, 19 East Gate, Harlow	■ Howick & Brooker, 1 High Street, Old Harlow
■ Geoffrey Matthews, 47 High Street, Old Harlow	■ Belvoir, 40 High Street, Old Harlow

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## THE TOP 10 THINGS TO DO THIS WEEK



Josephine Barstow as Heidi, Gemma Page as Sandra, Janie Dee as Phyllis, Geraldine Fitzgerald as Solange and Tracie Bennett as Carlotta in *Follies*, which comes to Bishop's Stortford this week

Photo: JOHAN PERSSON.

## FADING STARS

**THE NATIONAL THEATRE'S FOLLIES LIVE: THURSDAY, JANUARY 11, 7PM, RHODES ARTS COMPLEX, 1-3 SOUTH ROAD, BISHOP'S STORTFORD**

Catch a live stream of Stephen Sondheim's (*Sweeney Todd*, *Sunday In The Park With George*) legendary musical *Follies*, as a group of fading former stars gather in an iconic crumbling New York theatre ahead of its demolition. Tickets are £16 or £11.50 for children. Book at [www.rhodesbishopsstortford.org](http://www.rhodesbishopsstortford.org) or by calling the box office on 01279 710 200.

## YOU'VE GOT MALE

**BATTLE OF THE SEXES: FRIDAY, JANUARY 12, TO SUNDAY, JANUARY 14, VARIOUS TIMES, THE SCREEN, AUDLEY END ROAD, SAFFRON WALDEN**

Plucky Billie Jean King, at the peak of her career, squares up to the grandstanding chauvinist Bobby Riggs to teach him a thing or two about gender equality. Effervescent performances from Emma Stone and Steve Carell bring the iconic tennis match to life, as well as illuminating the pair's tumultuous personal lives. Tickets: £8.20, concessions available, from [saffronscreen.com](http://saffronscreen.com)

## BEAR ESSENTIALS

**PADDINGTON 2: RHODES ARTS COMPLEX, BISHOP'S STORTFORD, FRIDAY, JANUARY 12, TUESDAY, JANUARY 16 AND THURSDAY, JANUARY 18**

Catch the friendly bear on the big screen in these special screenings. *Paddington* may have settled down with the Brown family but that doesn't mean his adventures stop there.

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## GOT THE BLUES

**GREENWICH DELTA BLUES: FRIDAY, JANUARY 12, 8PM TO 11PM, THE HORN AT THE HALF MOON, 31 NORTH STREET, BISHOP'S STORTFORD**

This South London quartet will be playing rhythm and blues classics at a "frankly irresponsible speed" during the soft launch of Bishop's Stortford's newly revamped live music venue, The Horn at the Half Moon.

## ALL THAT JAZZ

**FOYER JAZZ CLUB: SAFFRON HALL, SAFFRON WALDEN, FRIDAY, JANUARY 12, AT 8PM**

End the working week in style with some sizzling street food, a drink or two and live music from Rebecca Nash and Sara Colman. Rebecca has shared the stage with many acclaimed artists and is one of the brightest jazz musicians of her generation. Book

early to avoid disappointment. The event always proves a hit.

Tickets are priced £13.50 and can be bought by calling 08455487650 or visit: [saffronhall.com/calendar/foyer-jazz-club-2/](http://saffronhall.com/calendar/foyer-jazz-club-2/)

## TIME FOR RHYME

**BABY AND TODDLER RHYME TIME: HARLOW LIBRARY, FRIDAY, JANUARY 12, FROM 10.30AM UNTIL 11.30AM**

Bring your little ones for a morning of stories and rhymes that are designed to aid their development. Also running alongside the session is the arts and crafts session.

## THIS MEANS WAR

**DARKEST HOUR: VARIOUS CINEMAS, RELEASED ON FRIDAY, JANUARY 12**

This thrilling and true story will be released just in time for the weekend. It is the eve of the Second World War and within just days of becoming Prime Minister of Great Britain, Winston Churchill, played by Gary Oldman, faces a turbulent trial. It is already predicted to scoop up several awards in ceremonies later this year.

## WATCH THE

Pianist, composer and arranger  
Rebecca Nash



## BIRDY

**WINTER BIRD WALK: MEET AT THE GREYHOUND CAR PARK, HARLOW TOWN PARK, SATURDAY, JANUARY 13, FROM 10AM TO 11.30AM**

Start your weekend with a breath of fresh air in this guided walk where you'll head through the park to look for some winter birds. The weather is looking promising with sunny spells forecast, but remember to wrap up warm. To book a space, call 01279 446834 or e-mail [mike.levett@harlow.gov.uk](mailto:mike.levett@harlow.gov.uk). The walk is completely free.

## THAT'S N-ICE

**ICE AGE: UNTIL SUNDAY, JANUARY 14, SAFFRON WALDEN MUSEUM**

It's your last chance to catch this exhibition, produced in conjunction with the Travelling Natural History Museum. Learn about ice sheets and glaciers, come face to face with a sabre-tooth tiger, European wolf and a woolly mammoth, and see a Stone Age Man in the almost-flesh. Admission is £2.50 for adults, children go free.

## BACK IN TIME

**SAWBRIDGEWORTH LOCAL HISTORY SOCIETY: THURSDAY, JANUARY 18, 7PM, THE HAILEY CENTRE, BELL LANE, SAWBRIDGEWORTH**

The recently formed Sawbridgeworth Local History Society will gather for their second meeting to hear a talk entitled 'The time team comes to Pishiobury' – a medieval estate once enjoyed by Anne Boleyn before her execution. Tickets are £2 for members, £5 for non-members. Email [Theo@Vandebilt.co.uk](mailto:Theo@Vandebilt.co.uk) for more information.



# Man who caused £10,000 damage to vehicles avoids a jail sentence

## Stalker tracked former girlfriend and damaged cars outside her home

By **Lottie O'Neill**

lottie.oneill@essexlive.news

A MAN who stalked his ex-girlfriend, tracked visitors who came to her Harlow home and then caused damage totalling £10,000 to their cars when they were inside has avoided jail.

Jon-Joe Knowles, 22, from Waltham Cross, Hertfordshire, appeared at Chelmsford Crown Court last Friday to be sentenced.

Knowles, a self-employed plumber, met his ex-girlfriend in December 2016 and they went out on a couple of dates.

The relationship didn't go further until they met again early last year. They dated again until the relationship ended around February 14.

Knowles "found it difficult" to accept that the relationship had come to an end, and observed and tracked her from June until November.

During his tracking habits he caused damage totalling £10,000 to four different cars, three of which belonged to friends of his ex-girlfriend, and one - which he believed was owned by a visitor - turned out to belong to an innocent neighbour.

One car which was damaged, was a new Fiesta which was only a few days old. The other cars included two other Fiestas and a Range Rover.

Knowles observed his former partner's coming and goings, the people who were visiting her, and their vehicles.

Mitigating, Mr Gritt, said: "He will never ever make contact with [his ex-girlfriend] again, but he acknowledges quite clearly [the restraining order will] give her reassurance to have such an order

in place. He is in a new relationship... of a few months. He wishes to express publicly apologies to all the victims and in particular, [his former girlfriend]."

Knowles admitted one count of causing reason for serious alarm, distress or harassment, three counts of damage to property under the sum of £5,000, and one count of damage to property for the sum of over £5,000.

Judge Turner QC, sentencing Knowles, said: "You're responsible for quite a disgraceful campaign case of stalking, to which she was subjected between spring, middle of last year to November."

"As she said in her victim statement, she was feeling helpless and anxious."

"You had a couple of dates and a relationship in the middle of December 2016. You dated again in the new year (2017), and this stopped around February 14."

### Difficult

"You clearly found it difficult to accept that the relationship would come to an end, by observing the coming and goings of the people who were visiting her, and their vehicles."

"In respect of four of those individuals who were visiting her, one was not a visitor at all, it turned out to be a neighbour."

The judge then told the defendant that the damage to the cars caused damage totalling £10,000.

He sentenced Knowles to a 10-month prison sentence, suspended for two years for one count of causing reason for serious alarm, distress or harassment.

He also received two community requirements for rehabilitation of up to 30 days, as well as



Jon-Joe Knowles was handed a suspended sentence at Chelmsford Crown Court

180 hours of unpaid work for the benefit of the community in the next 12 months.

He was sentenced to pay £1,500 in compensation to his ex-girlfriend under the first count, and varying sums to the other victims.

One compensation claim was for £1,500, another was for £1,411, and he was ordered to pay £2,327 to the victims whose cars he had

caused less than £5,000 worth of damage too.

Regarding the count of damage to property over £5,000, Knowles was sentenced to pay compensation to the victim to the sum of £1,500, which related to the new Fiesta.

Then, the judge ordered a restraining order which will be in place until a further order is put into place.

The restraining order bans the defendant from contacting his ex-girlfriend, directly or indirectly by any means of communication, or cause another to contact her on his behalf.

He is also not allowed to visit the area Cloverfield, Harlow, or the postcode CM18. If he breaches this as part of the restraining order, Knowles could face a prison term of up to five years.

## Plea over rail line if homes bid goes ahead

A RAILWAY line would need to be extended to stop commuters from coming into Bishop's Stortford if plans for a new garden community in Essex are approved, councillors have said.

Uttlesford District Council (UDC) and Braintree District Council (BDC) are holding a public consultation on their joint proposal to develop land near Great Dunmow, close to the A120.

The proposals state that up to 10,000 homes could be built as part of the West of Braintree Garden Community.

At a meeting of the Bishop's Stortford Town Council planning and development committee last Monday, councillors discussed the new garden community.

The main issue for councillors was that even more commuters would travel into Stortford to use the town's train links if it is approved, adding to existing parking and traffic problems.

Councillor John Wyllie said: "If there is going to be any development along the A120 road, we should insist that the train line is extended and goes to Braintree and Dunmow."

"Bishop's Stortford has a very good rail service that people will travel from Braintree and Dunmow to use and they will park in Bishop's Stortford."

"They must extend that train line to stop commuters coming into Bishop's Stortford. We must insist and push for the train line to be extended. It is great on a weekend when they come in to Bishop's Stortford and spend money but not on a weekday."

Councillor Keith Warnell, who is not a member of the committee but attended the meeting, said: "Four and a half million people come through Bishop's Stortford station a year."

He compared the number of people using the Bishop's Stortford station to Harlow, saying that "only a million" go through the station there.

The consultation on UDC and BDC's joint proposal for the West of Braintree Garden Community runs until 5pm on January 22.

■ To view and comment on the plans, go to braintree-consult.limehouse.co.uk

## Teenager is charged after incident outside nightclub

A TEENAGER from Harlow has been charged after a number of police officers were assaulted on New Year's day.

Three officers were assaulted during the incident, which took place on Anchor Street, Bishop's Stortford, some time between 2.10am and 2.30pm on Monday, January 1.

A 19-year-old man is said to have become "abusive" and "threatening" after reportedly being ejected from a venue, allegedly assaulting the officers when they attempted to restrain him.

Ellis Wyatt, 19, from Hollyfield in Harlow, has been charged with three counts of assaulting a police officer in the execution of their duty, and four counts of causing fear or provocation of violence under Section 4 of the Public Order Act.

The teen will appear at North East Herts Magistrates Court on Wednesday, January 31.

Hertfordshire Constabulary



The alleged assaults took place on Anchor Street

received nearly 2,500 calls over the New Year festivities this year, a slight increase on last year.

Elsewhere in the region New Year's celebrations were also marred by violence.

An 18-year-old man was stabbed to death in Larmans Road in Enfield, just one mile from Waltham Cross Station.

■ Meanwhile a fight among "young drunks" broke out outside a kebab shop in Ware, during which a 21-year-old man was punched in the face and hit with a bottle.

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The poem *Elegy for Briggs* has appeared on the proposed quarry site

## Poetry expresses concern for estate

A GUERRILLA poet has penned a dire warning of what could be lost if a proposed quarry is built on the Briggs Estate.

The site off the A414, between Stanstead Abbots and Roydon, could be mined for 500,000 tons of gravel every year over a 22-year period.

However, a poem entitled "Elegy for Briggs" has been mounted on a signpost in the fields mourning the future loss of the "wheat fields" and the "birds and bees".

In November, Hertfordshire County Councillors voted to include The Briggs Estate near Roydon in its draft "local minerals plan", which determines where minerals can be extracted from for building work in the county.

The site is included in the draft local minerals plan as a "preferred site" – meaning permission "might reasonably be anticipated" for a quarry.

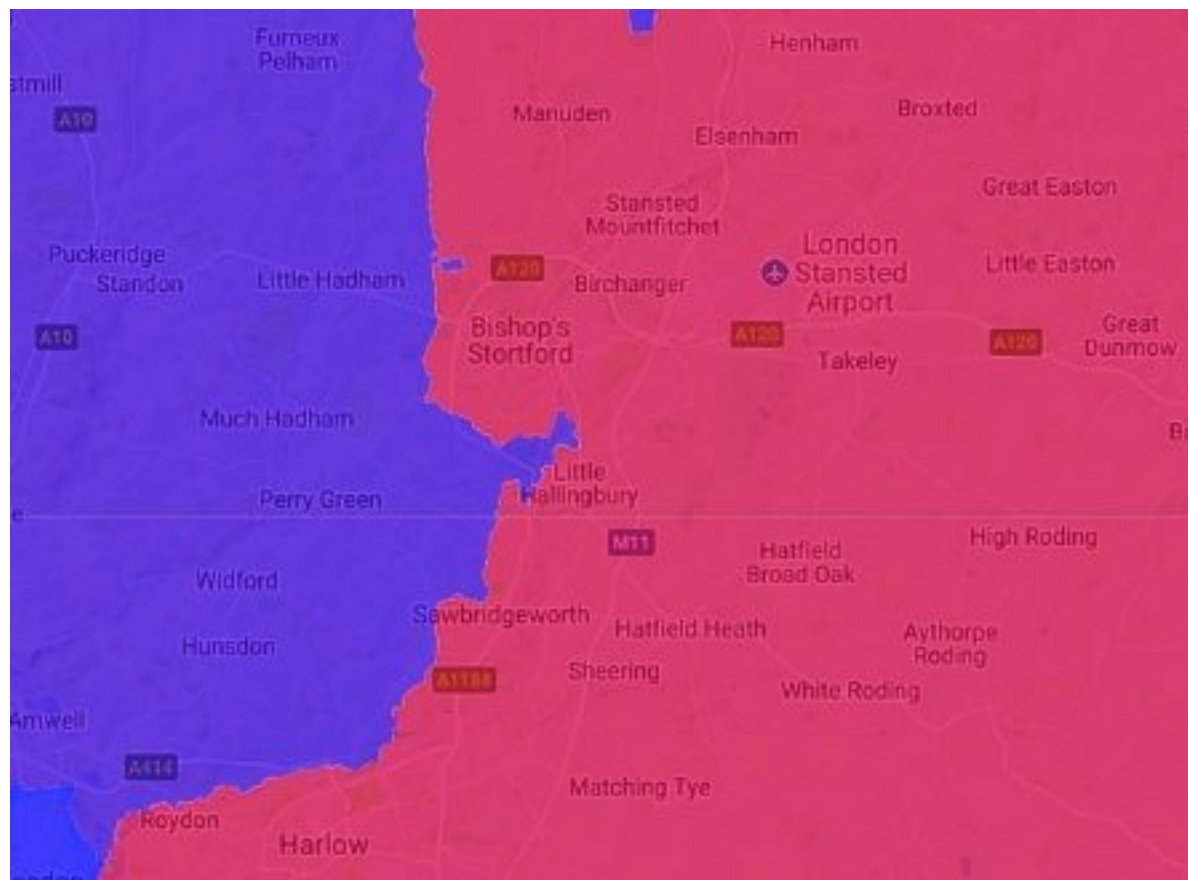
The plan is designed to ensure enough building materials are available in the county to meet housing demands in the future.

A public consultation on the draft plan is currently underway.

A spokesman said: "Hertfordshire County Council is preparing a new Minerals Local Plan. As the Minerals Planning Authority for Hertfordshire, the county council is required to plan for future minerals supply and maintain an up to date document."

# Flu bug is hitting harder here than in rest of UK

## Heatmap shows our towns are among worst affected areas



Some areas of East Herts and most of Essex are experiencing a 'very high' number of flu cases

By Harriet Clugston

harriet.clugston@hertsexnews.co.uk

TOWNS in East Hertfordshire and Essex are among the worst affected areas in the country for seasonal flu outbreaks, according to an online flu surveillance system.

In a heatmap of the UK, Bishop's Stortford, Sawbridgeworth, Stansted Mountfitchet, Dunmow, Harlow and the surrounding villages are all coloured red, indicating "very high" reports of flu.

### Bug

The map – which covers all types of the bug including the deadly Aussie flu strain – is updated every three minutes.

The borough of Broxbourne and the Potters Bar area of Hertfordshire are in a less bold shade of red, indicating fewer reports of flu but still some cases.

The data from the FluSurvey map is used by researchers at Public Health England, the London School of Hygiene and Tropical Medicine, Mirror Online reports.

Any member of the UK public is

## WHAT WE KNOW ABOUT THE WINTER BUG

### What is Australian flu?

There are two main types of flu – A and B.

The winter bug known as H3N2 – a subtype of influenza A – has been blamed for more than 300 deaths in Australia, with about 170,000 cases in total.

There was said to be "standing room only" at some A&E departments Down Under that became inundated with people struck down by the illness.

It was the largest outbreak seen in Australia for some time.

Dr Richard Pebody, acting head of respiratory diseases at Public Health England, said: "In Australia

they saw excess mortality and other hospitalisations and so on due to H3N2."

Dr Pebody said the flu vaccine is currently the best preventative measure for flu.

He said that while the effectiveness data for this year's flu is not yet available, he hopes the vaccine will provide "reasonable protection" against Australian flu.

### What are the symptoms of flu?

Professor Paul Cosford, medical director at Public Health England, said: "As we would expect at this time of year, flu levels have increased this week."

"Our data shows that more

people are visiting GPs with flu symptoms and we are seeing more people admitted to hospitals with the flu.

"The vaccine is the best defence we have against the spread of flu and it isn't too late to get vaccinated."

"People suffering with flu-like symptoms should catch coughs and sneezes in tissues and bin them immediately, wash their hands regularly with soap and warm water and frequently clean regularly used surfaces to stop the spread of flu."

"Avoid having unnecessary contact with other people if you or they have symptoms of flu."

able to register on the platform to report flu-like symptoms they may be experiencing during the winter months.

However, a spokeswoman for Public Health England confirmed that cases of flu have been on the rise in Hertfordshire and Essex over the past few

weeks.

Data released by the government department showed that flu cases in Hertfordshire were up considerably on the previous year.

There were 27 cases of patients presenting to their GP with flu-like symptoms per 100,000 of the popu-

lation in the seven days to Sunday December 31.

This compares with a rate of 18.9 per 100,000 in the same week last year.

It comes after the news that the deadly H3N2 strain of flu, responsible for hundreds of deaths in Australia, had arrived in the UK.

## A414 shut after tree toppled by power cables

THE A414 was closed in both directions because of a fallen tree between the junction for the M11 and North Weald that brought down power cables.

The incident, which happened on Thursday, affected traffic travelling between Chipping Ongar and Harlow.

Power engineers worked to repair the damaged cable that affected

customers in the surrounding area.

The power cut happened at 2.19pm. A statement said: "There is currently a power cut in this area. Our engineers are working hard to

fix it as quickly as possible. We are sorry for any trouble this may have caused you."

The gusts were thought to have reached speeds of up to 40 mph.

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Arrival of ten babies at Princess Alexandra Hospital makes it a joyful start to 2018

# Proud families celebrate a very nappy new year

By Huw Wales

huw.wales@hertsessexnews.co.uk

IT WAS a busy day in the maternity ward at Princess Alexandra Hospital on New Year's Day as ten new babies were welcomed into the world.

The first baby born at the hospital in 2018 was Charlie Worster, born to parents Sarah Buck, 25, and Ben Worster, 26, arriving just before 3am.

Proud mum Sarah, who comes from Waltham Abbey, said that Charlie had been due on December 28 – but had arrived slightly late, although just in time for the new year celebrations.

She said: "It was really great at Princess Alexandra, everything was amazing."

Charlie, who is their second child, is already loved by his older brother Sidney, two.

Sarah said: "He loves it – he wants to help out with everything."

"His (Charlie) big brother picked his name for him. It could have been worse!"

Another new arrival was Albie Hornett, whose mum Daniella Clarke, 24, and dad, Lee Hornett, welcomed him into the world at 9.52am.

Albie was an early comer, born two weeks before his due date.

Daniella, of Buntingford, said: "We are happy he was born on New Year's Day, even if he was just under two weeks early."

The name Albie was picked to fit with the couple's two older children, Frankie and Lilly, three and one respectively.

Daniella said: "It's just a name we liked and it just fitted with the other children's names too."

One child who was born on New Year's Day had a special middle



Gracie Laura Kathleen Hutchings, who arrived on January 1 at Princess Alexandra Hospital

name – in honour of their mother's grandmother.

Gracie Laura Hutchings was born at about 11pm, making her a new year's baby with only an hour to spare.

Her mother, Lois Eldred, 29, said: "I was very close to my nan and her middle name is taken from my late nan in her memory."

Lois and her partner Mark Hutchings, 42, have had three children together; all born at Princess Alexandra Hospital.

She was full of praise for the hospital, saying: "We just made it

for a New Year's baby, I wasn't in very long. I got in at around 8.40pm and she was born at 11.12pm. It was very good, they were all fantastic.

"I have had all three of my children there and they have been great every time."

Gracie's older siblings, Poppy, 7, and Henry, 16 months, are both thrilled to meet and spend time with their new sister.

Lois said: "They are loving it, they love having a baby in the house, especially my elder daughter – she is really excited by her little sister."



Charlie Worster, who was born on New Year's Day at Princess Alexandra Hospital in Harlow, with older brother Sidney and parents Sarah Buck and Ben Worster

## M11 crash causes hour-long delays

MOTORISTS were left facing delays of an hour on the M11 after an accident that happened between Saffron Walden and Bishop's Stortford on Tuesday afternoon.

The crash, reported to have involved two cars, happened on the southbound carriageway of the motorway at about 4.36pm.

All traffic was briefly held while the vehicles involved in the accident were recovered from the scene.

However, the accident was still causing long delays some time afterwards.

The crash happened between Junction 9, for the A11 at Saffron Walden, and Junction 8, for the A120/B1256 Stortford Road.

### Stretched

But jams stretched back to Junction 10 and commuters faced delays of an hour.

The incident came two days after two lanes on the M11 northbound were closed following a crash near Harlow.

The incident happened between Junction 7 (Harlow) and Junction 8 (Stansted Airport).

Traffic was very slow in the area as normal conditions did not resume until 3pm.

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# Police prevent man jumping from rooftop

## Officers pleased he is now getting help

By **Piers Meyler**  
piers.meyler@essexlive.news

A MAN who had been threatening to jump off the top of a multi-storey car park in Harlow was saved by police officers.

Sgt Nick Williams and PC Brady Secker were called to Wych Elm multi-storey car park, which is situated close to Princess Alexandra Hospital, just before 1am

last Thursday following reports of a man in distress.

The man, who had been sitting on the edge of the top floor of the car park, with his legs hanging over the side, was evidently distressed, police said.

PC Secker calmly spoke to him and reassured him that both officers were there to help and after gaining the man's trust, the officers were able to get close

enough to the man to bring him to safety.

Sgt Williams said: "We acted as any other officers would have in the same situation."

"I'm just glad we were able to prevent the man causing any harm to himself."

"Incidents like this can often be very challenging but I'm pleased that he is now receiving the help he needs."

# Costa could replace electrical shop

A COSTA Coffee could be about to replace an electrics shop in Broxbourne High Road.

The high street giant has submitted a planning application to replace Cox Electrical Supplies, which closed on December 28 after surrendering to "ludicrous" monthly fees for rent and rates.

The coffee shop would play an "integral role" in the

development of the street, developers argue, referring to studies suggesting coffee shops improve a town's "viability".

After a recent government policy change determined mixed use premises like the one Costa is proposing are of "vital importance" to local trade, planning permission is technically not required.

Now Broxbourne Borough

Council will decide if the proposal ticks the right boxes.

Martin Williams, owner of Cox Electrical Supplies, said it was a "no brainer" to close its doors.

"We just couldn't afford it any more, with all the fees combined we had to pay around £4,000 per month and we just don't turn that kind of profit," he said.

"If it wasn't for that, we'd have stayed."

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Nathalie Allport-Grantham had pre-booked special assistance for her New Year's Eve flight to Nice

# Airport staff tell woman 'you don't look disabled'

## Chronically ill 23-year-old is accused of not deserving assistance

By Hannah Kane

newsdeske@hertsexnews.co.uk

STAFF at London Stansted Airport refused to help a chronically ill woman onto a Ryanair flight, telling her she "didn't look" disabled, it is claimed.

Nathalie Allport-Grantham says she was boarding a New Year's Eve flight to Nice in France when airport workers accused her of "wasting time".

The 23-year-old suffers from Ehlers-Danlos syndrome, which causes her constant pain and

affects her mobility.

On arriving to Stansted she was given a wheelchair, after pre-booking special assistance. However, she then sat down in another seat only to see the wheelchair taken away.

Miss Allport-Grantham was then refused further help by a member of staff as she attempted to board the plane.

The Londoner told BBC Newsbeat: "She basically looked at me and said 'I'm here to help disabled people, I'm not here to help you'."

"The way she spoke to me and

what she said was just awful.

"Because you pre-book, she has a list of people she's waiting for, so people can't just turn up and say 'I need help'."

### Waiting

"But she didn't ask my name. If she'd just looked at her list she would've seen I was the person she was waiting for."

The passenger was eventually helped onto her flight, but described the experience and the alleged actions of airport staff as "upsetting".

Miss Allport-Grantham also has postural orthostatic tachycardia syndrome, a condition which increases her heart rate and limits how far she can walk.

She says people often question her disabled status because her chronic illness is not always obvious and she has even been called a "liar".

"I've been told before: 'you look too pretty to be disabled'," she said. "People have an idea that a disabled person has to look a certain way."

Stansted Airport said an invest-

igation has been launched into the claims.

"We are speaking to the provider to find out more about the circumstances of the incident," a spokesman said.

A spokeswoman for Ryanair said: "Wheelchair services at London Stansted are operated by service provider Omniserv and London Stansted is responsible for this service."

"We understand London Stansted has investigated this complaint and is in contact with the customer in question."



The Inflation 5K course is coming to Chelmsford this year

## Inflation fun for all the family

IF YOU'RE looking for a fun way to exercise this New Year, then a jaw-dropping obstacle course in Chelmsford could be for you.

Inflation 5K is a huge run where you have to crawl, jump, slide and scramble your way through a set of massive obstacles. The obstacles have names such as Bish Bash, Leap of Faith and The Plummet and there are some new ones for 2018 that have never been seen before.

It's not a race and the event is not timed. Instead, it's more about having fun with your family and friends. So you can walk it, skip or run if it you wish. You don't even have to do all of the obstacles – if one looks a bit out of your league then you can just skip it.

At the end of the race, everyone who took part gets a medal.

### What is the Inflation 5K in Chelmsford?

A fun course made up of inflatable obstacles which you have to make your way up and over.

### When is the Inflation 5K in Chelmsford?

Saturday, June 16. The course starts in 'waves' to stagger the participants so you can choose your start time when you book. The waves are between 9am and 2.30pm.

### Where is it?

Chelmsford City Racecourse, Great Leighs.

### Can you extend the course?

Yes, you can pay extra and do a 10K course, which means you get to go round the course twice and have double the fun.

### How much is it?

Adults £27.50, under-17s £22.50, under-13s £17.50.

### Is there a discount for groups?

Yes the price goes down the more of you there are: Four or more – £25.50; Six or more – £24.00; Eight or more – £22.50.

### Where can you book?

UK Running Events website.

## Police hunt masked person who tried to hold up bank

CCTV images have been released of a hooded person being sought by police after a suspect tried and failed to rob a Sawbridgeworth building society.

The would-be bank robber entered Nationwide Building Society on Knight Street on Friday, December 8, some time between 4.45 and 4.50pm.

A female cashier was then passed a note telling her to hand over the money. But the crook subsequently fled the scene empty-handed after the cashier ran into a back area of the building society to alert a colleague.

Police investigating the incident have now released CCTV images of a person they want to speak to.



They can be seen wearing a purple hood, grey coat and black covering over the bottom half of their face.

Anyone who saw the robber – who turned left out of the bank to make off down Knight Street – or who has any information is asked to get in touch with Detective Constable Shaun Turner.

DC Turner can be contacted by emailing shaun.turner@herts.pnn.police.uk and quoting reference A4/17/890, or by calling 101. You can also report information online at www.herts.police.co.uk/report or anonymously to Crimestoppers by calling 0800 555 111 or visiting www.crimestoppers-uk.org

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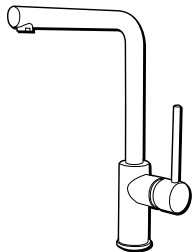
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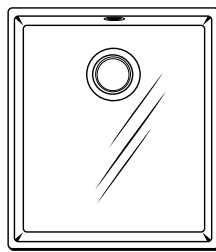
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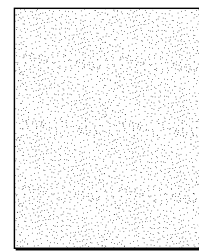
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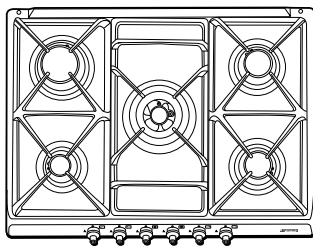
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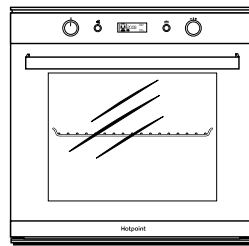
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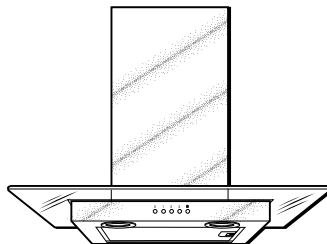
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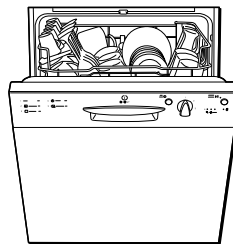
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# Addicts were encouraged to buy extra wraps of heroin and crack Dealer who offered 'special promotion' on drugs is jailed

By Tommy Wathen  
newsdesk@essexlive.news

A HARLOW drug dealer, who offered a special promotion on selling crack and heroin, has been jailed for three years.

It is the latest success for Essex Police's Operation Raptor team – who aim to crack down on the illegal issues surrounding gangs, including the supply and sale of drugs.

## Stopped

Officers from the West Operation Raptor team stopped 35-year-old Martin Gardener in Parsonage Leys, Harlow, on November 15 last year.

Essex Police suspected that Gardener was involved in the supply of Class A drugs.

He was searched by police and found in the possession of two mobile phones, over £100 in cash and various drug dealing paraphernalia.

## COMMENT

SGT James Paget, of the West Operation Raptor team, said: "The analysis of the phones found on Gardener shows the absolute cynical depth drug dealers will plumb to."

"They prey on addicts exploiting the vulnerability their habit gives them, to continue to ply them with drugs."

"In this case, Gardener was proactively messaging

addicts every day for an entire month to encourage them to take advantage of an offer to buy even more class A drugs at a cheaper price.

"We will not tolerate this sort of behaviour and will continue to hunt down these ruthless dealers, arrest them and put them before the courts."

Gardener, of no fixed abode, was arrested and analysis of the contents of the phones revealed that throughout November, a class A drug user had been texted every day offering a "special promotion" on the purchase of multiple wraps of heroin and crack cocaine.

He was later charged with two counts of being concerned in the supply of Class A drugs.

He admitted both charges when he appeared at Chelmsford Crown Court and was jailed for a total of three years.

During sentencing, the court also ordered the forfeiture of the cash and destruction of the mobile phones.

Gardener was sentenced to three years behind bars at Chelmsford Crown Court on Tuesday, December 19.

Martin Gardener was sentenced to three years behind bars when he appeared in court last month





# Try a stroll in the Essex countryside to get back in shape after the festive season



Little Baddow is a good place to work off some of those calories you have put on over Christmas and the New Year

## Why not go walking in a winter wonderland?

By Tom Bage

newsdesk@hertsessexnews.co.uk

THE festive season is over and you're probably planning to find a way of burning off those extra calories you accumulated over Christmas and the New Year.

Well if your New Year's resolution was to start getting back into shape after all those mince pies, choccies and Christmas pud, why not consider a weekend walk?

Essex is blessed with some glorious countryside, so we've put together a selection of suggested walks in the county.

All the routes we've picked out here are loops, meaning you can easily park up and walk around back to your car without any worry.

Some are more difficult than others and a couple of them are much longer, but every single one is full of views and countryside worth the effort put into the walk.

■ **Downham, Hanningfield Reservoir and Ramsden Heath**  
7.5 miles

This route, starting in the small village of Downham, takes in a couple of very small hills and the view out over Hanningfield Reservoir, before coming back via Ramsden Heath and a couple of well-placed pubs.

As you head around there are also stunning views of the south Essex countryside with views across valleys and down green country lanes.



Roxwell Church

■ **Hatfield Broad Oak and Hatfield Forest**  
11 miles

It may be a bit longer but this route takes in some of the most beautiful scenery in Essex and a couple of very nice villages with a number of places to stop for refreshments along the way.

It also joins up with the Flitch Way for a while as it runs along the northern boundary of the ancient forest.

■ **Roxwell**  
4 miles

The shortest route in this list

takes in its fair share of countryside on the way out to Skreens Park and back into the village via Roxwell Brook.

It is also an easy little walk that most people should be able to cope with, so long as they can get over a stile, as there are ten of them to navigate on this flat farmland walk.

■ **Messing**  
4.5 miles

Taking in two small, picturesque woods and starting and finishing almost right outside of The Old Crown in Messing, the short route



Hoe Mill Lock at Woodham Walter

just outside Tiptree is a nice, easy walk.

The walk is almost entirely out in the countryside, aside from the short time spent in Messing, and is one of the walks on this list that gives the most spectacular views in return for the least amount of difficulty.

■ **Bradwell**  
12 miles

If a coastal walk is more your thing then this 12-mile walk starting and finishing outside the Fox and Hounds in Tillingham is pretty much perfect.

It goes out to the marshes and past Othona Roman Fort and the St Peter-on-the-Wall Chapel on the headland before heading back through Bradwell on Sea.

Yes it's quite long but as it is out on The Dengie you won't be going up and down many hills, so that makes it a bit easier.

■ **Admiral McHardy Way, Little Baddow**  
9 miles

This walk right outside Chelmsford follows the Chelmer for a while before turning off towards

Woodham Walter Common and Lingwood Common, and passing through Blake's Wood on the way.

You'll have to walk on a few roads but they are mostly just quiet little country ones so the chances of meeting any cars is still fairly remote.

■ **Langford**  
4.5 miles

This quick, flat route around Langford and Heybridge takes you past the canal and a small reservoir, as well as across a fair amount of farmland.

It starts at Beeleigh Falls and covers some beautiful local countryside on the way to the Blackwater Navigation and the nice easy towpath alongside.

■ **Woodham Walter**  
5.5 miles

Starting opposite The Bell in Woodham Walter and heading across the common, as well as along Thrift Wood and through The Wilderness, this route packs a lot into a short space of time.

The views that this walk throws up at every turn are stunning and you can almost guarantee you will see some animals on the way round as the route passes horse paddocks.

■ **Bocking**  
6 miles

This middling length route spends little time in any villages as it heads out across farmland and around the small woods to the north of Bocking.

It's a nice easy walk through Essex farmland on tracks that are wide and well-marked.





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## Bereavements

### Peter John ADAMS



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The family announce the sad loss of Peter at St Clare's Hospice after a short illness.

A loving husband and wonderful Dad who was always there for his family.

We would like to thank the staff on Kingsmoor Ward, Princess Alexander Hospital, Harlow and Plane Ward, St Margaret's Hospital, Epping, for their care during his illness.

We will also be eternally grateful for the kindness, care and respect shown to Peter during his final days at St Clare's Hospice, allowing him to pass with the dignity he deserved.

We were so lucky to have him. We will love him, miss him and cherish his memory always.

His loving wife Doreen, children Gerald, Celia, Russell, Davina, Glynis, Steph, Dorinda, Darrell, Julian, partners and families.

### Dr Angela Elisabeth BUNKER Nee Mayer

Beloved daughter of Sheila (Barton) and Hans Mayer, deceased, and sister to John Mayer, Sophie and Max. Loving wife to Nigel Bunker and mother to Neil.

Died suddenly on 3rd January 2018.  
Loved and missed by all her nieces, nephews, family and friends.

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## Bereavements

### Alan CLARK (Stan)

Passed away peacefully on  
Wednesday 3rd January 2018, aged 74 years.  
Dearly loved Dad to Sarah and Simon and a much  
loved Grandad, Brother and Uncle.  
Sadly missed by all.

Funeral service to take place at  
St John's Church, Stansted on  
Wednesday 17th January 2018 at 2.00pm.  
Family flowers only please but donations,  
if desired, may be made payable to  
"The Alzheimer's Society" and sent c/o  
Daniel Robinson & Sons,  
79 - 81 South Street, Bishops Stortford,  
CM23 3AL, Tel: 01279 655477  
or via the "In Memory page" at  
[www.drobinson.co.uk](http://www.drobinson.co.uk)

### Geoff DOUBLEDAY

Suddenly passed away on 2nd January 2018  
aged 68 years. He will be sadly missed by Katy  
his wife of 45 years, and his brother Steve.

The funeral service will take place at  
Parndon Wood Crematorium, Harlow on  
Thursday 18th January at 10.45am. Family  
own flowers, donations to "Mid Essex Hospitals  
Charities Foundation" (research & Development)  
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### Kevin Michael DOYLE (29.5.1955 - 8.12.2017)

Sadly passed away, aged 62 years at  
Royal Free Hospital, London.  
Surrounded by his loving family.  
Kevin will be sadly missed by  
his beloved wife Ann, children,  
grandchildren, mum & stepdad.

Funeral service to be held at  
Parndon Wood Crematorium on  
17th January at 10.45am

Family flowers only, donations to  
Royal Free Hospital (I.C.U. Dept) may be sent  
c/o Daniel Robinson & Sons, Wych Elm,  
Harlow, CM20 1QP. Tel: 01279 426990  
Alternatively, please visit the  
'In Memory page' at [www.drobinson.co.uk](http://www.drobinson.co.uk)

### Malcolm ETCHELLS (MAC)

Passed away on 1st January 2018, aged 78.  
He was a wonderful and loving husband,  
father, brother and uncle and will be greatly  
missed by his wife Maureen, son Richard,  
family and the many friends that knew him.

Mac's funeral service will be held at  
Parndon Wood Crematorium on Wednesday  
17th January 2018 at 12:15pm.

Family flowers only please but donations for  
St Clare's Hospice may be sent c/o  
Daniel Robinson & Sons, Wych Elm,  
Harlow, CM20 1QP. Tel: 01279 426990.  
Alternatively, please visit Mac's  
'In Memory page' at [www.drobinson.co.uk](http://www.drobinson.co.uk)

## Bereavements

### Brian John FULLER

Sadly passed away after a long illness  
aged 77 years. Much loved Husband of Sylvie,  
Dad to Julie and David.

A private family Funeral service has been  
arranged c/o Daniel Robinson & Sons.

### PAT KENDRICK (NEE PEACOCK)

Suddenly in the Princess Alexandra Hospital  
on 25th December 2017, Aged 85 Years.  
The beloved Wife of Arthur, a dear Mum to Jackie  
and Mark, and a wonderful and loving Nan and  
Great Nan. She will be sadly missed by all her  
family and Friends. Pat's Funeral Service is to be  
held on Saturday 13th January 2018,  
at St Mary The Virgin Church, Matching, at 12.30  
p.m. Followed by Interment in the Churchyard.  
Black clothing is not essential. Flowers or  
Donations if desired for The Cancer Relief  
Macmillan Fund. Cheques Made Payable to MFH  
Charities Account. All Enquires, Flowers and  
Donations to Masterson Funeral Home Ltd,  
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Tel: 01279 626238.

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### Wendie KING

Passed away peacefully on  
24th December 2017 aged 78 years.  
Much loved Wife, Mum and Grandma.  
The funeral service will take place at  
Parndon Wood Crematorium on  
Friday 26th January 2018 at 11:30am.  
Family flowers only please.  
Donations for the Alzheimer's Society  
may be sent c/o  
Daniel Robinson & Sons, Wych Elm, Harlow,  
CM20 1QP. Tel: 01279 426990.  
Alternatively please visit the 'In Memory page' at  
[www.drobinson.co.uk](http://www.drobinson.co.uk)

### Janet MAXWELL

Passed away peacefully at home on  
26th December 2017, aged 67.

Loved, cherished and adored by her  
family, and friends.

Will be greatly missed by her husband Paul,  
and sons, Keith & Richard.

Funeral Service to take place at Parndon Wood  
Crematorium on 17th January at 2.30pm.  
Followed by "A Celebration of Jan's Life" at  
Canons Brook Golf Club from 4.00pm.

Family flowers only please. Donations to  
the Brain Tumour Charity  
or via the "In Memory Page" at  
[www.drobinson.co.uk](http://www.drobinson.co.uk)

Enquiries to Daniel Robinson & Sons  
79 - 81 South Street, Bishops Stortford  
CM23 3AL Telephone 01279 655477

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## Bereavements

### John McCREE

A devoted husband, caring father, inspiring  
grandfather and proud great grandfather.  
You achieved so much and will be  
remembered by many.

All our love, Irene, Stephen, Lorraine, Leanne,  
Danny, Gary, Rhys, and Nia.

Funeral service to take place at Parndon Wood  
Crematorium Tuesday 23rd January 1.00pm.

Family flowers preferred, donations to  
National Rheumatoid Arthritis Society c/o  
F J Pinnock & Son 10 Bush House Bush Fair  
Harlow CM18 6NS.

### MARGARET MONAGHAN

Sadly passed away peacefully on Friday 8th  
December 2017, in her 91st year of an amazing  
life. Having been born in South Africa, she  
lived as a Mother and Grandmother in Stansted  
Mountfitchet, working as a Nurse in the local  
Community. A Celebration of her Life will be  
held on Friday 19th January 2018 at Parndon  
Wood Crematorium at 12.15 p.m. All enquiries to  
Masterson Funeral Home Ltd, Independent and  
Family Owned Funeral Directors, Station Road,  
Old Harlow, Essex. CM17 0AS.  
Tel: 01279 626238.

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### Gladys MONK

Passed away 29th December 2017 aged 101 years.  
Loving mum, grandmother, great nan & great  
great nan.

Funeral service to take place at Parndon Wood  
Crematorium on Monday 15th January 2018 at  
2.30 pm.

Family flowers only please but donations for  
"British Heart Foundation" may be sent c/o Daniel  
Robinson & Sons, 79/81 South Street, Bishops  
Stortford, Herts CM23 3AL Tel 01279 655477

### John PASHLEY

Passed away suddenly  
and unexpectedly on  
Christmas Eve 2017. He  
will be sadly missed by  
his twin sons Ian and  
David, daughter-in-law  
Margaret and all his  
grandchildren.

Funeral service to  
take place at All  
Saints Church, Great  
Chesterford on  
Thursday 18th January  
at 11:30am.

Family flowers only  
please but donations,  
if desired, may be  
made payable to  
'ACT' (Addenbrookes  
Charitable Trust for the  
benefit of Cancer  
Research) and sent c/o  
Peasgood & Skeates,  
Shire Hill, Saffron  
Walden, CB11 3AQ  
or via John's In  
Memory Page at [www.peasgoodandskeates.co.uk](http://www.peasgoodandskeates.co.uk)

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## Bereavements

**Eddie  
PEARS  
(Ted)**

Eddie, husband of the late Cath Pears, passed away on 2nd January 2018. He will be sadly missed by his daughter Pat and her family. The funeral will be held at Harlow Crematorium Wednesday, 17 January at 4 pm. Family flowers only but donations to The Alzheimer's Society, in his memory, can be sent to Daniel Robinson & Sons 79/81 South Street, Bishop's Stortford CM23 3AL or made via their In Memory page at [www.drobinson.co.uk](http://www.drobinson.co.uk)

**Irene May Maud  
SMITH  
(RENE)**

Born 30th September 1926  
Passed away peacefully aged 91 at home, on 27th December 2017, surrounded by her loving family. She was married for 52 amazing years to Walter James Frederick Smith. She was a loving Mother and Nan who lived for her Children especially her Grandchild. R.I.P.  
All our love now and always Barbara, Margaret, John and Pam xxxx  
Funeral service to be held at Parndon Wood Crematorium on 25th January 2018 at 10.45am. All welcome.

Flowers or donations payable to St Clare Hospice may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990  
Alternatively, please visit the 'In Memory page' at [www.drobinson.co.uk](http://www.drobinson.co.uk)

**Ian  
STACEY**

Passed away 30th December 2017 aged 86 years.  
Loving Husband of the late Shelia.  
Funeral service will take place at Holy Trinity Church, Hatfield Heath on Wednesday 17th January 2018 at 1.30pm.

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WITH YOUR  
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**Patrick John  
VIDLER  
'Pat'**

Peacefully passed away on Friday 29th December 2017, aged 89 years.  
Beloved Husband of Patricia.  
A dearly loved Dad, Grandad and Little Grandad.  
Forever in our hearts, he will be sadly missed by all that knew him.

Funeral service to be held at Parndon Wood Crematorium on Tuesday 16th January 2018 at 10.00am.  
Flowers or donations if desired, made payable to "Dementia UK" may be sent c/o Daniel Robinson and Sons, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990

**Molly  
WHIFFEN**

Passed away after a short illness on 18th December 2017 aged 85 years. She will be sadly missed by her loving husband Ken, daughter Christine and all family and friends.  
The funeral service will take place at Parndon Wood Crematorium, Harlow on Friday 12th January at 4.00pm. Family flowers only, donations to "British Heart Foundation" may be sent c/o Daniel Robinson & Sons, 79/81 South Street Bishop's Stortford, CM23 3AL Or via web [www.drobinson.co.uk](http://www.drobinson.co.uk)

## Bereavements

**Michael John  
WYLDs**

Passed away on the 14th December 2017 aged 79. He will be deeply missed by his wife Chandra, son Darren and daughter Alison, family, friends and all who knew him. Michael's funeral service will be held at Parndon Wood Crematorium on Tuesday 16th January 2018 at 3:15pm.

Family flowers only please but donations for Essex & Herts Air Ambulance may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth. CM21 9DB  
Telephone 01279-722476

Alternatively, please visit Michael's In Memory page at [www.drobinson.co.uk](http://www.drobinson.co.uk)

## In Memoriam

**WHEELER  
BRIAN JOHN**

21.12.1940 - 09.01.2017

In loving memory of a dear husband, father, grandfather, great grandfather and brother.

Forever in our thoughts and always in our hearts.

**Renee Dorothy  
PARSONS**

Remembering our mother who passed away on 9th January 2015 and her birthday on 12th January. Always in our thoughts rest in peace, all our love

David & Martin, Pauline & Linda.

**Ellen Rachel  
PURCELL**

In loving memory of a dear Mum and Nan, who passed away on 8th January 2017.  
Always in our thoughts, forever in our hearts.

Pauline, Vic, Sylvia, Geoff, Rachel, John & Family.

To make a donation for a loved one resting with **DANIEL ROBINSON & SONS** you can make a donation by visiting the In Memory pages at [www.drobinson.co.uk](http://www.drobinson.co.uk)

**SAPSED** — Joe passed away 25 January 1983. **SAPSED**, CIs passed away 8 January 2003. Both gone but not forgotten from your children, grandchildren and great grandchildren.

**SMITH** Shirley Bridget — January 15th 2001. Sadly missed all my love Steve.

**JASON WYATT**  
31.07.1979 - 11.01.2014

To my grandson. Those we love don't go away, they walk beside us everyday. Unseen, unheard always near. Greatly missed and always loved.  
Love Nan Linda.  
x x x

More than 3000 loving messages and photos are added every month on our site, you can leave your own tribute or add a picture today completely free of charge.

Thank you for the many good times we shared xxxx

Today, tomorrow, all my life, I will love and miss you mum x



[family-announcements.co.uk](http://family-announcements.co.uk)

## Memorial Services

**Reginald Herbert  
SIMONS**

To celebrate the life of Reg Simons

A memorial service will take place at Hatfield Broad Oak Church Friday 26th January 2018 at 2.30pm

All attending are warmly invited to join the family for light refreshments afterwards at Hatfield Broad Oak Village Hall.



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# YOUR COMMUNITY NEWS



## Sunday Walkers group gets festive for fundraising



Harlow Sunday Walkers collecting in aid of St Clare's Hospice

SANTA hats and festive jumpers were the outfits of choice when Harlow Sunday Walkers staged their annual charity walk in December. Armed with collection

buckets, around 20 members of the fast-expanding group braved the damp and chilly weather to walk from Bush Fair to the Town Centre, collecting en route in aid of

St Clare's Hospice. Passing motorists and pedestrians donated cash and, once the walkers got to the Town Centre, shoppers were also willing to give to the cause.

Money from the collection buckets, plus proceeds from a raffle and other fundraising schemes raised a total of £323.59.

HSW founder Steve Morton – who led the walk dressed as Santa Claus – explained that a Facebook gift page will continue to run for a while so anyone wishing to make a last minute donation can still do so.

He said: "We continue to be amazed by the generosity of the people in Harlow, especially at this time of year. We would like to express our sincere thanks to everyone who gave towards such a worthy cause. Merry Christmas to all!"

## Prentice Place work underway

WORK begins this week on the regeneration of Prentice Place in Potter Street.

Harlow Council has appointed Vinci Facilities to oversee the £3m project, which was due to begin on Monday 8 January 2018.

The works will transform the small neighbourhood shopping centre with:

- New pitched roofs on all residential blocks.
- New windows throughout.
- Complete refurbishment of the inside and outside of 15 homes which will include Council housing.
- Creating a new car parking area.
- Transforming the public spaces at the front and back of the centre.
- New ramps and entrance doors to all shops.
- New storage facilities at the rear of shops to tidy up the area.

At the back of the centre existing garages will be

be secure and design out crime. It is hoped that the scheme will achieve a gold award and to help with this all new lighting will be LED to allow for CCTV to easily pick up clear pictures.

Councillor Tony Durcan, Portfolio Holder for Regeneration & Enterprise, said: "The work will not only transform a neighbourhood area that has been part of Harlow since the mid-50s but also make it a safer and pleasant place for people to live, shop and visit. I know for local residents and retailers this project has taken far too long, but the new year heralds a new start for Prentice Place. The neighbourhood centre will be part of Harlow's future for years to come."

"During the work there will be some disruption to retailers and shoppers and we promise to work with them and do what we can to keep this disruption to a minimum."

removed along with unused bin stores to open up walkways through the new development. This will give a sense of openness and safety for residents, retailers and customers. Harlow College design students have also been coming up with ideas for new artwork that can brighten up the back of the centre.

The scheme has been registered with Secure By Design which sets standards for how developments can



An artists' impression of how the Prentice Place redevelopment will look





## Staff swap Secret Santa to help Streets2Homes with gifts instead

HYTEK Fuel and Lubrication Equipment, based near Elsenham, fundraised and collected essential items to aid Harlow-based charity Streets2Homes during their busy Christmas period.

Having transformed a corner of their offices into a present-wrapping production line, they prepared thirty individual parcels, all brimming with a selection of warm clothing, toiletries and a few luxury items ready for Streets2Homes to distribute

at their Christmas dinner on the December 20.

In addition to this, three large boxes of books, DVDs and magazines were donated to the centre to refresh the stock of the Streets2Homes common room. Also delivered was a large box of food for the centre to distribute as handouts or to help with their busy mealtimes.

In order to further bolster the good work the Hytek team has done to support the community, the

company added to the collective efforts of the team and purchased ten 3-4 person, fully waterproof tents to compliment the sleeping bags already donated to the cause.

Heading up the drive, Sales Administrator Laura Taylor said: "A few years ago, we made the decision to swap our office Secret Santa to support a charitable cause and this year were glad to be able to offer help locally to Wayne and his team at Streets2Homes."

## So much on offer to help curb loneliness

IN May 2016, Rainbow Services received three years of Big Lottery funding to reduce loneliness and social isolation in Harlow's senior community.

During that time it has set up six weekly social clubs across the town and offered monthly special events, including day trips.

As the project has grown, local businesses, organisations and schools have come together to support the clubs. Rainbow Services supporters include Mecca Bingo, Kings Plumbing and Heating, Freshwaters Christian Fellowship, Greggs, MRCT and Tesco Stores Edinburgh Way, Church Langley and Express who joined forces to host and run an afternoon

tea party for more than 100 people in July. Passmores Academy and William Morris C of E Juniors have provided choirs at their special events.

With additional funding in April from Essex Community Foundation Harlow Recreation Trust Fund they have provided afternoon tea river cruises for more than 100 people, in partnership with CanalAbility.

In May they ran two Safe and Social Events at Harlow Cricket Club and the Leah Manning Centre where they provided information around Frauds, Scams and bogus calling, had a wonderful freshly prepared lunch, then entertainment and dancing in the afternoon.

In July Rainbow Services received further funding



More than 120 senior citizens enjoyed a festive treat thanks to Rainbow Services and Harlow Rugby Club

from Groundwork's One Stop Shop for Carriers and Causes to treat more than 80 seniors to a day out to Southend.

September saw a coach full of club members travel to Cambridge for a day of shopping and sight seeing.

In the Autumn, the group partnered with the West Essex Clinical Commissioning Group to host three Safe and Social events at the Leah Manning

Centre, the GPCA and Harlow Cricket Club. With information and goody bags around a 'Staying Well in Winter' theme in the morning, they hosted around 300 people for a fish and chip lunch with singing from an Elvis impersonator in the afternoon.

Rainbow Club members came together to celebrate Christmas in style, thanks to Tesco Stores PLC Bags for Help fund. In partnership

with Harlow Rugby Club, Rainbow Services' Community Builder team were delighted to host a party for 120 Harlow seniors. Guests were treated to a Carol service, hot roast turkey dinner followed by singing and dancing to a live singer.

One of the guests said: "I didn't think this was my type of event but I've had a wonderful time and will look to join one of the social

groups in my area."

From another: "The lunch was superb and we really love coming to the weekly clubs."

Rainbow Services will soon be publishing its list of special events, weekly club members are given priority booking, however, all Harlow seniors are welcome.

For information regarding the weekly clubs, special events or joining the team of volunteers call 07793 007737.



# YOUR EDUCATION NEWS

## 'Drab' wall brought to back to life by graffiti artist's work

A SCHOOL wall has been covered in graffiti and the community could not be happier.

A large outside wall at Roydon Primary Academy, near Harlow, has been brought to life with a piece of art inspired by pupils.

The artwork in the early years garden features a scene incorporating the four seasons and children's favourite, the Gruffalo.

Graffiti artist Nathan Murdoch, who has brightened up various spaces at Burnt Mill Academy Trust primary schools in the town, transformed the area, which

was once just a brown, flaky wall.

Michael Clark, head of school, said: "The wall is the first thing you see when you walk into that part of the school and it has always been so drab.

"This is a beautiful school with wonderful children, but certain parts of the building did not match the amazing things go on in our classrooms.

"I had given Nathan a piece of artwork by Year 1 pupils which featured the Roydon tree with the four seasons, so it is based around that.



Roydon Primary students proud of the new artwork

"It now has that wow factor we wanted with the most incredible scene that makes you smile every time

you see it. When the children saw it, they were all saying 'wow'.

"The first thing they see

now each day is this beautiful wall which is so exciting.

"Things like this make

everyone proud to be a part of Roydon."

The work is the latest improvement to the school,

## Youngsters skip to it to improve their fitness

LAST term Pear Tree Mead Academy were joined by Skip 2B Fit, a unique skipping workshop which motivates children to challenge themselves through skipping.

John McCormack, the skipping instructor, delivered two fun and exciting days of exercise and physical activity. Skip 2B Fit's focus was on participation and encouraging pupils to get involved in physical activity at school, home and throughout the community.

Children were shown how to skip and completed the 2-minute skip challenge. The children were given custom made skipping ropes, which had built in counters so children could record their number of skips.

Pupils were then asked numeracy questions and were most importantly challenged to beat their best score. The workshop helped develop a growth mind set by showing practically that dedication and effort can lead to improvement. Mia,



Pear Tree Mead Academy students with their certificates and Skip 2B Fit ropes

Year 3 student said: "I loved the 2 minute challenge and really improved my score the second time." The children enjoyed the challenge and all

tried extremely hard to beat their best score.

Miss Warner, teacher and PE coordinator said: "All of the children absolutely loved

it, it was great to see the children persevere and push themselves to beat their score."

Following this, the pupils

and teachers will now take part in the 6 week skipping challenge, to see if they can beat their personal best and improve their fitness levels!





The wall was once brown and flaky, now it's been transformed

having restored an old pond and allotment and added colourful outdoor displays in recent months.

Mr Clark said: "When we show parents who are considering sending their children to Roydon around

the school, they are blown away with what they see, both inside the classroom and now outside."

## Chocolate-themed fun inspired by Roald Dahl favourite



LESSONS took on a sweet focus as pupils studied Charlie and The Chocolate Factory.

As part of the project, 60 Year 4 pupils at Freshwaters Primary Academy, in Harlow, worked with Chocolate By Design to create their own chocolate treats.

Robin Dalton, Year 4 class teacher, said: "Pupils have been reading Charlie and The Chocolate Factory.

"To complement their learning, we held a chocolate-based activity day.

"Children learnt about the Aztec, Toltec and Mayan history of chocolate, how

cocoa came to Europe and took part in an activity where they designed and made their own chocolate creations.

"It was an incredibly fun and enjoyable learning day. The children really engaged and enjoyed learning about chocolate."

## Pupils step back in time and find things in common with Victorians

YEAR 5 pupils from Cooks Spinney Primary Academy, in Harlow, visited the Royal Gunpowder Mills, in Waltham Abbey.

While there, they played Victorian games such as hunt the thimble, hunt the ring and flap the fish.

They also had the opportunity to learn about

Victorian feasts and foods before eating a Victorian style meal.

Jennifer Pearce, assistant head, said: "Children investigated the differences in lifestyle between the rich and the poor, focussing on toys, work and games.

"They made Victorian crafts, such as paper bags

and screen-printed cards, which they took home."

Olivia Armes said: "I had fun learning about the Victorians and seeing the things they had during that time."

Max Wilson said: "I didn't know the Victorians started so many of the games we play now and the toys, too."



Year 5 students enjoyed the Victorian crafts



# YOUR CHARITY NEWS

## Caring hospice strives to expand supports services

ST CLARE Hospice is a local charity, based in Hastingwood, which, since 1990, has been supporting people from across West Essex with a life-limiting or terminal illness.

Since the hospice charity opened more than 25 years ago, it has cared for an estimated 10,000 people, and their families and carers, supporting them on one of life's most difficult journeys and empowering people to make each moment count. Last year alone, St Clare cared for more than 575 people from Harlow, and their families and carers.

Brian, who has received care from St Clare for a number of years, said: "I was fearful of St Clare at first. All you ever heard about a hospice was that it was where you went to die. But now I have discovered what hospice care is really all about. The place and its surroundings have such a unique, tranquil atmosphere – there is nothing better. Yet, it is the warmth of the people here that make it St Clare – not the walls and the building. The hospice has continued to help me, and my wife, throughout our entire journey. Attending Day Therapy has also given me more than just the ability to manage my illness – I've made so many special memories too."

St Clare Chief Executive, Sarah Thompson, explains:



Brian has been supported by St Clare Hospice for a number of years

"Hospice care is about life and living, not just death and dying. If this surprises you, then you are not alone.

"So many people fear that a hospice is simply a place to go to die. This is one of the many myths that surround the word 'hospice'. But a hospice is not just a building, but a very special way of caring."

"Hospice care helps people to live as actively as possible from the point at which their illness is diagnosed as incurable, to the end of their

lives, however long that may be. And we carry on caring for families, carers and friends, beyond the death of the person they love. Our many different services, and our approach to care, gives patients, their families and carers, the confidence to cope so that, together, they can enjoy the best possible quality of life, whether in their own home or at the Hospice centre."

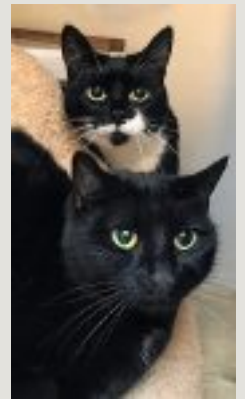
St Clare Hospice's services include day therapy, which offers a range of creative and

therapeutic activities delivered by a team including physiotherapists and occupational therapists. The patient and family support team offers counselling and guidance provided by social workers and counsellors. Their community team includes both a hospice at home team and community palliative care team, who provide hands-on personal care in people's own homes as well as specialist clinical care and advice to help with pain

control and symptom management. St Clare also has an eight-bedded inpatient unit where high quality specialist care is provided in warm, homely surroundings by a team of doctors, nurses and nursing assistants. Some patients choose to spend the last days of their lives at St Clare, whereas other patients may come to the hospice for an assessment, stay for a few days to get their symptoms under control, before they go home again.

### RSPCA STORT VALLEY

23 THE STOW,  
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01279 306058  
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NTLBUSINESS.COM  
WWW.RSPCASTORT  
VALLEY.ORG.UK



Mika and Bess

FIVE-year-old sisters Mika and Bess are looking for their loving forever home.

They are both a little shy but very friendly, they would like to be rehomed together, if you are able to help call 01279 306058.



Percy

PERCY is nine months old and came into the care of when his owner could no longer care for him and his brother as they got older.

They are both a little shy but very friendly and live to be petted.

For more information on Percy and his brother call 01279 306058.

## Showcase celebrates great work from local organisations

ON December 15, Rainbow Services and Harlow District Council enabled a group of local Harlow charities to promote their services to raise awareness and fundraise in Harlow town centre, to celebrate Local Charities Day 2018.

At the same time, it was a perfect way to carry on the Harlow's 70th celebrations by showcasing some of the great work charities and community groups are doing across the district.

Organisations who braved the bitter cold between 10am

and 2pm included:

ISS (Integration Support Services); Virgin Healthcare, the Barnardos partnership; The Rotary Club of Harlow Tye; Volunteer Centre Harlow; Rainbow Services Harlow; Streets2Homes; St Clare Hospice; Accuro, Heads Up (Enable East); and Razed Roof.

These charities were joined at lunchtime by five performing arts students from Harlow College, who sang, danced, and generally entertained shoppers!

Rainbow Services would

like to thank Harlow District Council, The Playhouse, and HTS for their help leading up to and on the day of the event, and all of the charities who came along to celebrate as without everyone's participation this event would not have been able to take place.

There are hundreds of charities and community groups across Harlow of all shapes and sizes doing amazing work where it is needed most – we will be using this page to share their stories in the weeks to come.



Stall holders at the Harlow charity day



# YOUR VIEWS

## LETTERS

Get in touch - tell us what you think

Email: [community@hertsessexnews.co.uk](mailto:community@hertsessexnews.co.uk)

Twitter: @Harlowstar

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## I'm going teetotal for 2018

NEW Year's Resolution – Make mine a large one!

"He'll never do it". That's what some will say, if not to my face, then behind my back. It doesn't matter. They're wrong.

From midnight on 31/12/17 I've decided to go teetotal for the whole of 2018.

I'm not raising money for charity but I am looking for sponsorship – in the form of support and encouragement from colleagues, family and friends.

It's not a spur of the moment decision. It's been prodding at me for a couple of weeks. Since the last stinking hangover actually.

It's been nagging at me – "You've made arrangements for a meeting in a pub next Tuesday" – that's a bit silly;

I bring a conversation to a close with "That's one to discuss over a good bottle of South African Red" – that could be a long wait;

You say to the Vicar "Let's discuss it over a beer in the New Year" – God knows!

So, why do it? I'm overweight and alcohol is a significant contributor. I've tried cutting back without sustainable success. The more I drink, the more I want to drink. In the pub, in the club, in my home, on my own.

It impacts upon my behaviour. Rarely it may seem to make me more fun to be with, although I've never heard anyone say "Oh, Ian have another drink – you're so funny!"

It impacts negatively on my moods generally dragging me down, giving rise to uncharacteristic anger and aggression.

It relaxes my inhibitions – which for a man with few inhibitions can lead to

### CONTACT US

■ Please enclose your full address and daytime telephone number. Keep your letter to no more than 200 words. The News reserves the right to edit material.

■ Email your pictures in JPEG format marked 'Your Views'. Please add your name, where you're from and where you took the photo. We reserve the right to reuse pictures at our discretion.

unacceptable and embarrassing "moments in time" (there are at least two or three apologies in there).

I'm chair of Harlow's Health & Wellbeing Board and nearly every document I read mentions alcohol and the short, medium and long term negative impact it can have. It's really time I showed some leadership beyond word-forms.

I'm making my plans public for two reasons: to make it 'real' and to ask my supporters to be on-hand with the alcohol-free ginger beer from time to time.

So wish me luck – if you wish.

Happy New Year. I expect to see 2018 slightly differently from any other year in my adulthood.

**Ian Beckett**

Address not supplied

### Taking back our national pride

MR Henderson's letter, December 21, comprises statements without any



### PHOTO of the week

This picture of a bridge over the Stort River was taken by Mark Steel in Roydon

corroborative evidence, put out as facts to promote fear.

The only financial benefits from being a member of the EU are enjoyed by a few politicians, and I ask how has he himself benefited from membership.

Ninety-nine per cent of people in the UK are disadvantaged by membership, being governed by an unelected bureaucracy, whose flawed political structure is proven by the financial failings, the riots, the unemployment, the uncontrolled immigration that blights the European Mainland.

The electorate were given a say in the referendum on our membership back in the 1970's, but deceived by the politicians who said it was only about trade, Edward Heath deceived us all by saying that 'There will be no loss of essential national sovereignty'. This was a lie and he even admitted it much later on television. This deception by our politicians has persisted so

much, that they have lost the trust of the British people.

Thousands of our countrymen laid down their lives for our freedom. Our MPs at Westminster derive their power from the people who elected them, those people have spoken in the Referendum, our MPs must honour

their decision, and at the same time rectify the deceit of the last 40 years and more.

The people of the UK have voted to leave; that means to take back control of our own country, in other words govern ourselves with our own laws, have total control over immigration, trade with the whole world on our terms. We don't want to be controlled by the EU. If the true benefits of our life outside the EU were made clear to the electorate, and the dishonest propaganda of our controlled media exposed, the majority to leave would at least double.

So far, despite the

Government's incompetence to arrange an orderly exit, our economy is improving, employment is in good shape. They are making a relatively simple task so complex that one wonders whether this is a continuation of the deceit.

We joined the EU by enacting the 1972 European Communities Bill and subsequent legislation.

According to our constitution, the simple way out is by repealing that legislation. We can then, in every aspect, run our country ourselves, and regain our sovereignty and national pride.

**Martin Harvey**  
Chairman UKIP Harlow

### Still suffering injustices

IN 2014 I asked three questions – is there food poverty in Harlow, is there poverty in Harlow and are people born and raised in Harlow living in tents because of the lack of social housing in Harlow? In 2018 I ask the same questions.

Empirically I can answer and validate that food poverty and living in tents is

still happening in Harlow. The question I ask is why in a rich country like Britain citizens are suffering such indignities. Our local MP has stated in the past that the country is bankrupt while accepting an increase in his and his colleagues' salary. Surely that is illogical at best and hypocritical at worse. Add the fact that he voted to cut £30-a-week in disability benefits to the neediest and you can surely see how a poor, unstable and mendacious government treats its weaker citizens. It is both disgraceful and disgusting.

Moreover, do residents who have worked for many years really want to hear politicians tell them they are scroungers, work-shy and idle after being made redundant, becoming ill or disabled and are "living" on £73 a week or less? Are residents really interested in knowing that having an "extra" room in their home, having brought up their families in that home, contravenes best practice and therefore they should "downsize"? Do residents really want to see the Red Cross and food banks on our streets asking people to support the needy in this country when the real culprit of their distress is this uncaring government? In respect to every question I suspect not.

Unfortunately, for those residents who are suffering these indignities no warm words will help them pay for food, fuel or housing.

Neither will the pathetic use of political dogma seen and heard recently in Parliament. These politicians appear to want to accuse each other of causing the problems experienced by citizens rather than proactively and pragmatically addressing these serious issues.

Further, this government is now trying to destroy our National Health Service, the greatest and most respected public service this country has and will ever have. Our NHS is beginning to show what seven years of austerity can do to it when not properly financed to carry out its objective of providing support, comfort and care to those that need it.

If you do not want to see its demise then please stand up and tell this government and your local MP to start supporting and investing in its core strength: its nurses and doctors. If you do not then the National Health Service will be removed.

Let's hope that those residents that need help, comfort, support and care in 2018 receive it.

**Gary Roberts**  
Carters Mead, Harlow



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# MUSIC



## SPREADING THE JOY

**DUBMASTERS DREADZONE COME TO ESSEX NEXT MONTH AND TELL MARTIN NEAL WHAT WE CAN EXPECT FROM THEIR LIVE SHOW**

**Y**our mission, should you choose to accept is this: Go and see Dreadzone live and stop yourself from dancing.

But be warned, this really is Mission Impossible. One of the most infectiously bouncy and upbeat bands you could ever wish to see, Dreadzone are guaranteed to get you doing your stuff.

And, says founder, drummer, songwriter and producer Greg Dread, it's because they're inspired by "the joy of life".

Greg and the boys have been doing their stuff for 24 years now – although he and bassist Leo Williams were together before that in Big Audio Dynamite along with Mick Jones of The Clash – and still sound as fresh as ever.

The post-rave dance reggae dubsters hit the top 40 of the album charts for the first time

since the 1990s with Dread Times last year and, says Greg, the involvement of his son, Marlon Roberts, has been a key ingredient in the elixir of their longevity.

"Being in love and having a child was a big inspiration to me when we first started," said Greg, "and now my son is contributing keyboards and getting involved with the band."

"So to have him making music with us and refeeding that energy into the band is brilliant."

"He's brought a new element to our sound, he's added a few trips and techniques that he uses."

The new album takes Dreadzone back to a more old school dub sound and already fans have had the opportunity to hear some of the tracks live.

"The songs are very easy to slot into the set," explained Greg, "a lot of the songs

translate well live."

And an expansive set it is too. Best known for their 1996 hit single Little Britain, the band have released nine albums and have no shortage of sources to inspire them to keep recording with vigour and enthusiasm.

### INSPIRED

"We're inspired by the joys of life and wanting to do something new," says Greg.

Dreadzone have rightly forged a fine reputation as being festival favourites – their upbeat tempos and feelgood sounds being the perfect fit for the occasion.

They've supported some big acts too – Oasis at Knebworth and more recently Public Image Ltd so what's best, playing in front of thousands of people who might know the name and nothing else or playing to their own crowd in

front an audience far smaller?

"I get asked this a lot and you can't compare them," says Greg. "Doing a festival you have a half-hour change-around then you're on and you hit the ground running."

"When it's your own gig you do the soundcheck, then you get to relax for a bit and you're on for a lot longer so it's not possible to pick one over the other."

Having finished a lengthy tour just before Christmas, Greg and the boys are wasting no time in getting back on stage ("I really appreciate being able to play live because otherwise I start to get a bit bored," admits Greg) and you can catch them at Chinnery's in Southend next month.

■ Dreadzone play Chinnery's, Southend, on Saturday, February 10. Tickets (priced £17.50) available from [www.seetickets.com](http://www.seetickets.com)

## BEST GIGS



■ **Jah Wobble And The Invaders Of The Heart, Chinnery's, Southend, Saturday, January 27**

John Wardle was nicknamed Jah Wobble by John Lydon after a drunken night out while the two were at Kingsway College in

London and later joined

Lydon in Public Image Limited after the Sex Pistols broke up, forging a bold new post-punk sound. In more than three decades since, Wobble has ploughed his own furrow incorporating Eastern and global influences in his own music and working with the likes of Bjork, Primal Scream and Brian Eno. Expect an eclectic mix of tunes from a long career.



■ **Tori Freestone and Alcyona Mick, Colchester Arts Centre, Sunday, February 4**

Tori Freestone, a British saxophonist, flautist and violinist who performs at the forefront of the UK improvised music scene, is known for her robust tenor sound, melodic invention as well as an ability to amalgamate into a variety of styles and musical contexts while maintaining her highly personal and distinct voice. She has performed with pianist Alcyona Mick as a duo for the last three years and they release their debut duo album in spring 2018 coinciding with an 18 date tour.

## DOWN THE PUB



Rock and pop covers band Expose (pictured above) have been around for decades and in that time, they've built up a large following. Their gigs are often busy and you can catch them next at the Cricketers, in London Road, Southend, on Friday night.

Gigs for January 12-14

■ **Star & Garter, Moulsham Street, Chelmsford:** Friday – Phil Ball Band; Saturday – Indigo Hammer

■ **Cow & Telescope, Sutton Road, Southend:** Friday – VTII; Saturday – Hedgehog

■ **Cricketers, Southend:** Friday – Expose; Saturday – Bif Bam Pow

■ **Golden Fleece, Chelmsford:** Friday – Tantric Zoo; Saturday – The Company

■ **Railway Hotel, Clifftown Road, Southend:** Sunday (7.30pm) – Blues Spiders

■ **Boars Head, Braintree:** Saturday – Charlies Aunt

## NOUGHTIES REVIVAL AND FUNDRAISER AT THE BASSMENT

The Bassment will play host to a night of Chelmsford Bands who came out of the vibrant local noughties scene this Saturday, January 13. Featuring a stellar line-up of The Lemoncurd Kids, Mandeville, Ghostwood Shanks, The White Gospel (right), Jez Kemp and compared by Andy Poole, the evening was put together by Paul Dale and is in support of Amnesty International UK.

The idea came to Paul when he found himself in his old band Ghostwood Shanks again. "I've been trying to arrange a fund raising concert for

Amnesty since I joined [in 2015] but couldn't settle on a theme or the bands that would play. Then when unexpectedly The Shanks reformed I came back to the idea but wondered if I could rope in some of the other bands that we played with back in the 2000s too. I knew that of all the ideas I had it would be resonate well with a lot of Chelmsford live music fans."

Paul hopes to not only raise money for Amnesty International but remind everyone of how vibrant the scene was back then.

"There's this misconception



that after the Army and Navy closed back in 2002 that it was all doom and gloom in Chelmsford, that there was no live music scene to speak of

but things kicked back pretty quickly," Paul added.

■ The event starts 8pm with the music starting from 8:15pm with £5 entry fee.



# FILM REVIEWS

With Damon Smith

FILM  
OF THE  
WEEK



Woody Harrelson as Sheriff Bill Willoughby and Frances McDormand as Mildred Hayes

Photo: MERRICK MORTON

## GIVING THEM GRIEF

**THREE BILLBOARDS  
OUTSIDE EBBING,  
MISSOURI (15) ★★★★★**

**H**ell hath no fury like a grief-stricken mother scorned in London-born writer-director Martin McDonagh's blackly comic thriller, which pits one vigilante parent against her local police force in a fictional midwestern town.

Impeccably scripted and blessed with a blistering lead performance from Frances McDormand, *Three Billboards Outside Ebbing, Missouri* is a near perfect film in the right place at the right time.

McDonagh's explosive morality tale is fuelled by the righteous anger of a spirited woman, who believes her concerns are being ignored by men in power and will not rest until all lines of inquiry have been exhausted in the pursuit of justice.

Her rebel yell sparks sickening violence that may divide audiences, including one scene in a dentist's surgery that leaves jaws truly dropped, but brutality always serves the lean, muscular narrative.

Salty, quick-fire dialogue is

peppered with polished one-liners that the ensemble cast savours, like when Woody Harrelson's beleaguered police chief confides that he is terminally ill and McDormand's thorn in his side confirms that she already knew and still put up the billboards.

"Well, they wouldn't be as effective after you croak, right?" she tells him with steely resolve.

It has been seven months since Angela Hayes was abducted, raped and murdered on her way home.

The dead girl's stoic mother, Mildred (McDormand), is infuriated by the lack of

progress under police chief Bill Willoughby (Harrelson).

Consequently, she rents three advertising hoardings from Red Welby (Caleb Landry Jones) on the outskirts of town and emblazons each billboard with a message aimed directly at the man responsible for apprehending the culprits.

"To me, it seems like the local police department is too busy going round torturing black folks to be bothered doing anything about solving actual crime," Mildred tells a local TV reporter on air, "so I thought these billboards might concentrate their minds."

Officer Jason Dixon (Sam

Rockwell), who is under the thumb of his bigoted mother (Sandy Martin), reacts violently to Mildred's public spat with his station.

Mildred's teenage son Robbie (Lucas Hedges) also suffers abuse at school as a result of his mother's inflammatory actions.

However, Mildred refuses to back down.

"Looks like we got a war on our hands," Willoughby calmly informs his concerned wife Anne (Abbie Cornish).

*Three Billboards Outside Ebbing, Missouri* creates a vibrant portrait of small town life torn asunder by personal vendettas and retribution.

McDormand is magnificent, skilfully letting her character's frustrations come to a boil, with harrowing consequences.

The emotional journey of Rockwell's racist cop isn't wholly believable but his fearless portrayal papers over the tiny cracks and there is glorious support from Harrelson.

McDonagh directs with an assured hand, deftly juggling the ticking time bombs of ghoulish comedy and heartrending tragedy.



Sam Rockwell's Jason Dixon with Mildred

Photo: MERRICK MORTON

### ALSO OUT THIS WEEK

## Oldman shines in Churchill biopic



**DARKEST HOUR (PG) ★★★★★**

PHOTOGRAPHS of Winston Churchill sticking up two fingers to the advancing Nazi threat during the Second World War became defining images of British defiance, solidarity and resolve.

While the rest of Europe capitulated to the Deutsches Reich, the cigar-puffing statesman stood firm, inspiring citizens in one tub-thumping speech to "defend to the death their native soil, aiding each other like good comrades to the utmost of their strength".

The 27 tumultuous days, which led to Churchill's impassioned cry for the British to fight on the beaches and in the streets, is elegantly dramatised in Joe Wright's handsomely crafted character study, *Darkest Hour*. Based on a script by Anthony McCarten, who was Oscar nominated for *The Theory Of Everything*, this timely account of political hubris during blood-soaked conflict is distinguished by a tour-de-force performance from Gary Oldman.

Concealed behind layers of flawless make-up and latex, the London-born actor surely has one hand on an Academy Award for his mesmerising embodiment of the rotund statesman, who bore the weight of responsibility for evacuating more than 300,000 Allied soldiers from the beaches of Dunkirk.

Oldman delivers Churchill's public addresses with lip-smacking relish but it's in the film's quieter moments, when the politician stares into the hollowed eyes of self-doubt, that his performance delivers knockout blows. The film opens on May 9 1940 during a particularly boisterous exchange in the House of Commons. Clement Attlee (David Schofield), leader of the opposition Labour Party, demands Neville Chamberlain (Ronald Pickup) stand down as Prime Minister for "leaving our nation ruinously unprepared to face the present Nazi peril".

King George VI (Ben Mendelsohn) subsequently invites Winston to form a government at a critical juncture in the fight against Hitler.

*Darkest Hour* is punctuated by Wright's trademark directorial brio, including one indelible scene of a German aerial bombing run that melts into the face of a fallen soldier.

Kristin Scott Thomas and Mendelsohn offer sterling support, the latter tugging heartstrings in a softly played final scene in which Bertie counsels Churchill: "Go to the people. Let them instruct you."

A timely lesson for the political guard of every hue as we face a very different showdown with European neighbours.



# CELEBRITY WELLBEING

## GABRIELLE FAGAN SPEAKS TO GARETH GATES ABOUT LIFE AFTER POP IDOL, STAMMERING AND THE DEVASTATION OF NEARLY LOSING HIS VOICE

**B**RADFORD-BORN singer, Gareth Gates found fame as a spiky-haired 16-year-old who, despite a stammer, bravely competed in TV talent show Pop Idol.

Against the odds he finished as runner up to Will Young, and went on to become a fully-fledged pop star with five No 1 singles and a string of sell out tours.

He's forged a successful second career in musical theatre appearing in Joseph And The Amazing Technicolour Dreamcoat, Legally Blonde and Les Miserables. But three years ago, was left devastated when his voice started to fail.

Gareth, 33 lives with Coronation Street actress Faye Brookes, and has an eight-year-old daughter Missy from a previous relationship.

### What's been your biggest turning point?

STARTING to lose my voice was a huge wake-up call which made me totally change my lifestyle. I'd just turned 30 when I started having problems and finally it completely went when I was performing at a gig in front of around 3,000 people. As I walked away from the stage I was terrified I'd lost my voice forever.

Although my speech is affected by my stammer, when I sing I'm free from it, so singing is my release and how I express myself and having it let me down was devastating.

After treatment [an injection to a vocal chord under general anaesthetic] I took six weeks off to recover.

For nearly two years after that, every time I opened my mouth to sing, I was worried. I'd signed big musical theatre contracts so I had to keep performing, but in between I'd spend all day not speaking to rest my voice.

For a while I didn't really have a life. It was hell and the worst time of my life. The whole experience really shook me up and I was quite depressed for a while afterwards, but I'm so thankful that my voice is now fully recovered and stronger than ever. It's made me more driven.

### How do you look after your health?

THE injury was caused by a mixture of things – overwork and too much partying. I was burning the candle at both ends. Since then I've totally overhauled my health and lifestyle because I thought, if I'm going to be able to go on singing, I need to change things.

Nowadays, I go to the gym every day. My body's totally changed and I have way more energy. Instead of carbs I eat healthy protein-heavy foods like chicken, steak, eggs and vegetables.

I suffer debilitating migraines – coffee is a trigger – so I only drink herbal teas. That inspired me to create my own teas using coconut.

Last year I had a hair transplant because my hair had started to thin and I was self-conscious about it.

It's been another boost for my confidence. Maybe I'll go back to



# It was hell. I was terrified I'd lost my voice forever

my trademark spiky hair in time.

### How is your stammer now?

MY speech is still a constant battle. If I'm stressed or low it's bad and speaking to strangers is my hardest challenge. Thankfully, as soon as I'm on stage and in character, I walk and breathe in



Gareth Gates performing on stage at the London Arena in 2002, left, and, with his partner Corrie actress Faye Brookes

a different way and I don't have to worry about my speech. It's very liberating.

I've done a lot of work using a specialist method of breathing exercises, which has really helped.

In a way, my stammer has made me the person I am, because having to face difficult times has made me stronger.

On Pop Idol, the stammer helped me get noticed and made me stand out from the crowd – it was the first time it had a positive influence on my life.

My struggle's made me determined to help children who stammer. You can feel very lonely and isolated when you're young and have this problem – as I

well know. That's why I've set up the Gareth Gates Stammer School. I'll be there with speech and language therapists and hope to show kids you can cope with a stammer, improve your speech and succeed in life.

### How important is Faye in your life?

VERY important. We've been together for five years. We live together and are very happy. We met when we both appeared in Legally Blonde and, to be honest, I was a bit intimidated by her at first. Then we became friends and it went from there.

We have so much in common – she's a fitness fanatic so we both live a very clean lifestyle. I'm so proud of her, she's smashing it on Corrie and she's as busy as me, so when we get time together it's very special. It's too soon for marriage, but our future is together.

### What does fatherhood mean to you?

IT alters your whole perspective on life. Every decision I make is based on the wellbeing of Missy. I think it's why I'm so driven, because, ultimately, I'm not just making a future for myself; I'm making one for her.

She's absolutely incredible and doesn't have a trace of a stammer, which is a great relief.

This year I'm taking a break from touring so I can spend more time being a dad.

■ The first two-day Gareth Gates Stammer School course is on January 27 and 28. Visit [garethgatesstammerschool.com](http://garethgatesstammerschool.com)



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## DOCTOR'S NOTE

■ MORE than three million Brits are now off the booze for Dry January.

A YouGov poll commissioned by charity Alcohol Concern found 3.1 million of us were planning to cut out alcohol to save money and feel healthier. The survey of 2,086 participants showed that parents with children aged 12-16, as well as those with three or more children in their household, (11%) were most likely to go dry.

It was most popular with those aged 35-54 (7%), while Northern Ireland is the area of the UK where people are most likely to be give it a go (10%).

■ BARKING like a dog may be the secret to remembering where you put your keys.

Human behaviour expert Jez Rose insists the secret to not losing things is to leave "mental markers" throughout the day.

"By consciously carrying out a significant action when you put something down, you are creating a mental tag on that moment," she said. "Barking like a dog when you put down your car keys is an extreme example, but the more unusual the action, the more likely you are to remember that."



## FOOD &amp; DRINK

# Why being vegan doesn't mean boring mealtimes

Dutch food blogger Rita Serano has a few bones to pick with people who dismiss veganism

**A** VETERAN of vegan cooking who has never had a taste for meat, Rita Serano can rattle off a long list of misconceptions she's heard about vegan food: "That it's boring, that it doesn't taste good, that I only eat salads and that it's hard to do" – to name just a few.

It's exactly ideas like these that Rita is on a mission to change.

Her new book, *Vegan in 7*, features recipes that require seven ingredients or fewer, and the pages are far less green than you might imagine; multi-coloured stir-fries, stews and cakes show there's a lot more to her diet than salad.

The Dutch food blogger and recipe developer splits her time between Amsterdam and the French countryside, where she's cultivated her vegan pedigree for decades.

"I know vegan food is fashionable at the moment, but for me, it's really a lifestyle," she explains.

"Eating this way, for me, is the only way to feel alive and healthy."

She is buzzing with passion about the impact veganism has had on her.

"I'm nearly 44 and I have so much energy – I'm not sick and I don't use medicine at all."

Her enthusiasm for the diet – which contains no animal products of any kind – knows no bounds; she excitedly describes her recipe for salmon lax, with a twist: "It's not salmon, it's carrot."

"If you close your eyes and if it's cut the right way, really thinly on a little cracker with fresh dill – it really has the same mouth feel, and the same taste," she explains.

Rita worked as a make-up artist in the Netherlands before swapping foundation for food and setting up her blog.

Now, she has more than 40,000 Instagram followers relying on her vegan tips.

She hopes keeping her recipes to seven ingredients make them as accessible as possible.

"If you go out to a store to buy a book or look at a recipe, sometimes it can be really intimidating," she admits. "You think, 'Oh wow, I need this and I need that.'"

"But there's so much variety, not only with seasons but from food all around the world."

Whether it's red cabbage 'steaks' or nut-filled breakfast tacos, coming up with surprising vegan mixes is



Rita Serano, right, and her new recipe book, *Vegan in 7*, above



something Rita says will never tire of.

"I'm at my best when I'm cooking," she says with a smile.

"Food is like a little bit of edible love."

■ *Vegan in 7* by Rita Serano is published in paperback by Kyle Books, priced £16.99. Photography by Laura Edwards.



**SWEET TREAT**

**SUNFLOWER BUTTER FUDGE**  
(MAKES 24 SQUARES)

AFTER something to satisfy that sweet tooth? This recipe couldn't be easier.

"This fudge is full of flavour and one of the most indulgent and easy to make sweet treats," says Rita.

"Make it in advance and keep it in the freezer, so you can have this treat on the table within minutes."

#### INGREDIENTS:

200ml sunflower seed butter  
80ml maple syrup  
4tbsp cacao or carob powder  
1tsp vanilla extract  
Salt

#### METHOD:

1. If your seed butter is very stiff, remove it from the jar and gently warm it up in a pan

over a low heat.

2. Transfer to a food-processor, add the remaining ingredients and a pinch of salt and blitz until the mixture forms a ball.

3. Line a square baking dish with cling film. Press the fudge into the dish, distributing it evenly, then chill in the refrigerator for at least an hour.

4. Sprinkle a thin layer of cacao or carob powder on top using a fine mesh sieve.

5. Carefully remove the fudge from the dish and transfer it to a plate.

6. Remove the cling film before cutting the fudge into 3cm squares.

I'VE heard lots about the meteoric rise of gin as the nation's favourite spirit. This week I read that gin sales were up a massive 45% at Christmas compared to the same time in 2016 and I'm thinking ... where have you all been?

Many (many) moons ago I sipped gin in my brother's local and people thought we were mad because we asked for slices of cucumber. A barman's quip was "do you want salad too"? Now look at all the styles you can have. Here's this week's Ginuary instalment and I've included a cucumber gin for good measure.

■ **Irresistible London Dry Gin** (RRP £17.49, the Co-op, 40% abv): Tasting teams made up of the Co-op's members were sent three blends to decide which one

## RAISE A GLASS

WITH JANE CLARE



coriander and citrus shining through with a fleck of ginger and pepper on the palate.

■ **Cucumber Gin** (RRP £35, independents and also Majestic where it is £32.99 in a buy six deal): This was created by The

English Drinks Company in 2016 and in less than three months won an International Wine and Spirit Competition silver medal and two stars in the 2017 Great Taste Awards. The aroma of freshly cut cucumber oozes from the glass and to taste it is initially light and fresh and then has a bit of a kick.

■ **Four Pillars Bloody Shiraz Gin** (£41.45, thewhiskyexchange.com, masterofmalt.com 37.8% abv): The Four Pillars Distillery is based in the Yarra Valley in Australia and every year the distillers steep shiraz grapes from nearby vineyards in its Four Pillars Rare Dry Gin. The whole, destemmed grapes, are steeped for eight



weeks and then the fruit is pressed before blending with more Rare Dry Gin. The gin is pale cerise in colour; there's spicy juniper, vanilla, a fling with earth and herbs and a sweet cherry, spicy kick. Very tasty. ■ I'll share more gins before Ginuary is done.

■ **ALSO IN MY GLASS...** It's nice to know you can do something for someone else just by sipping a glass of wine. South African wine producer Nederburg has teamed up with a charity to establish a bicycle assembly facility in the Western Cape. It will provide cycles to local people to help them be mobile and access education, healthcare and jobs.



As part of its #DoYourPart campaign, Nederburg is donating 5p from every purchase of selected wines at Tesco until the end of this month (and there's a chance to win a road bike). Look out for 56 Hundred Pinot Noir, 56 Hundred Pinot Grigio, and 56 Hundred Shiraz (all £5.75).

I've had a tasting preview of **56 Hundred Pinot Grigio** (13% abv). It is a pleasant, refreshing affair. It has light notes of pears and flowers and can be a great party pourer or will help you unwind without worrying too much about price.

■ Jane is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.





FANCY something a little different with your favourite carb?

"Dried porcini mushrooms give this ragout a deep, satisfying taste and are a perfect match with the earthy cavolo nero," says Rita.

"It's best to use black beluga or French Puy lentils, as they will keep their shape when cooked.

"Serve on top of a roasted sweet potato, or with your choice of pasta or cooked grain."

#### INGREDIENTS

4 medium sweet potatoes  
20g dried porcini mushrooms  
250g beluga or Puy lentils  
3 garlic cloves, finely chopped  
1½tbsp herbes de Provence  
400g tin chopped tomatoes  
500g cavolo nero (or Savoy cabbage) torn or cut into smaller pieces  
Salt and pepper

#### METHOD

1. Preheat the oven to 200°C/gas mark 6.  
2. Place the sweet potatoes on a baking tray and cook for



## WINTER WARMER

LENTIL AND  
PORCINI RAGOUT  
(SERVES 4)

45 minutes until tender.

3. Place the dried mushrooms in a heat-resistant bowl and pour over 250ml boiling water, leaving to rehydrate for 15-20 minutes. Drain and reserve soaking liquid, then roughly chop the mushrooms.

4. Wash the lentils in a fine mesh sieve then place them in a pan with one litre of water. Bring to the boil with the lid on, then reduce the heat and leave to simmer for 20-25 minutes. Drain any remaining cooking liquid and set aside.

5. In a pan over a medium heat, cook the mushrooms with their soaking liquid and

the garlic. After a minute, add the herbes de Provence and the tomatoes and cook for another two to three minutes. Add the lentils and season with salt and freshly ground black pepper. Bring to the boil, then reduce the heat to low and simmer for 15 minutes. If it looks too dry, add some more water. When the lentils are cooked, add the cavolo nero or Savoy cabbage. Cook for eight to 10 minutes, until soft and done.  
6. Remove the sweet potatoes from the oven, make a deep slit in the top of each one and open them up a bit. Fill with the ragout and serve immediately.

COOKING for company doesn't have to be tons of hard work.

"These tomatoes are perfect for a shared meal with friends," says Rita.

"You can prepare them in advance and cook just before serving, meaning you are free to join your guests and not be stuck in the kitchen.

"Serve with a salad for a tasty but simple meal."

#### INGREDIENTS

50g pine nuts  
1 medium onion, finely chopped  
½tsp allspice  
35g currants, soaked  
25g fresh dill, chopped  
300g wholegrain basmati rice  
8 medium sized tomatoes  
Salt

#### METHOD

1. Soak the basmati rice for



## A BIT OF COLOUR

PILAF-STUFFED  
TOMATOES  
(SERVES 4)

at least 30 minutes, then rinse and drain.

2. Preheat the oven to 180°C/gas mark 4.

3. Heat a frying pan over medium heat, add the pine nuts and toast until golden brown. Set aside.

4. To make the pilaf, cook the chopped onion with a splash of water in a medium-sized pan over a medium heat until soft, adding a little more water if needed.

5. Add the allspice, currants, toasted pine nuts, half the

dill and a pinch of salt and gently mix.

6. Add the basmati rice and stir well, then add 750ml of water.

7. Bring to the boil, then reduce the heat and cook the rice for the time indicated on the packet.

8. Meanwhile, cut the tops off the tomatoes and scoop out the seeds and core. Once the pilaf is cooked, fill the tomatoes with this rice mixture.

9. Place the tomatoes on a baking tray and cook in the oven for 15-20 minutes.

10. Scatter the remaining dill over the tomatoes to serve.

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# PUZZLE TIME

## Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Transport

N	N	E	H	L	A	H	I	C	A	F	E	P	S	E
A	A	L	O	O	E	L	O	R	T	Z	P	R	A	
R	R	P	T	A	N	O	T	P	C	R	L	E	O	N
W	O	O	R	I	R	G	E	O	V	E	I	N	H	D
B	O	A	E	A	B	K	R	H	K	C	O	R	A	C
E	D	T	A	L	L	C	I	T	E	T	R	T	S	U
R	N	I	H	S	O	O	M	S	T	S	A	C	H	B
G	U	P	S	E	C	N	O	O	A	C	O	R	A	M
R	N	D	I	U	R	R	B	R	G	E	N	I	T	E
O	U	M	O	E	C	A	N	I	O	B	E	O	O	R
A	T	A	T	D	I	S	E	S	G	O	T	C	R	T
M	A	C	O	R	I	M	O	U	G	A	R	S	A	C
A	R	E	L	C	L	S	U	C	S	N	E	L	G	T
N	U	B	C	Y	C	K	B	H	N	E	D	I	G	O
D	O	L	E	D	E	E	R	O	O	R	H	A	N	R

## Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

R	P	T	O	X	F	S
A	L	R	L	I	U	
S	G	L	O	I	A	N
E	R	N	V	Y	H	
S	R	J	E	V	T	S

## Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

			3			6		4
	9			1	7		2	
3		2		6	5	9		
6	3			7			5	8
		4	9		1			
	7			8			4	9
	4	3	1		8			
	6		4	5			8	1
1		8					3	

Hard

9				6		1	4	
					8			3
	8			1	9			
					7			
2	7	3				6	1	4
		8						
		1	4				5	
5			2					
	3	2		7				1

## Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

### Cryptic

Across

6. New part under construction in Belgium (7)
7. Get on a governing body (5)
9. Boring part (3)
10. Anyway, it's where the customs may look (2,3,4)
12. Legitimate justification for holding entertainment? (11)
15. It has been stirred up by modern paintings or Coventry's rebuilding (11)
17. He goes to court for a simple quarrel (9)
19. Crafty insect? (3)
21. Is in suspense (5)
22. Weapon range? (7)

Down

1. It is struck by forgers (5)
2. A law breaking instrument (3)
3. Might be in or even out (4)
4. A crowd of a hundred heading the right way (9)
5. Act as chairman but show partiality in advance? (7)
8. Falsely disloyal (6)
11. Bird which is not all crest (9)
13. The rest of the layers depend on them (6)
14. He brings you produce of mine (7)
16. It facilitates the movement of arms (5)
18. Odd fuel outlet (4)
20. Has turned into wood (3)

1		2		3		4		5	
6						7			
					8				
9				10					
			11						
		12			13				
	14								
15									
								16	
17					18			19	
							20		
21					22				

Scribble pad

### Quick

Across

6. Belgian port (7)
7. Committee (5)
9. Piece (3)
10. No matter what (2,3,4)
12. Entertainment sites (11)
15. Dispute (11)
17. Source of civil action (9)
19. Insect (3)
21. Dangles (5)
22. Report (7)

Down

1. Forging block (5)
2. Hand tool (3)
3. Metal (4)
4. Throng (9)
5. Exercise authority (7)
8. False (6)
11. Game bird (9)
13. Perches (6)
14. Fuel deliverer (7)
16. Arm joint (5)
18. Chimney shaft (4)
20. Residue (3)

## Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

	26		4		9	12	3	1	18	9	7	4
8	12	18	2			16		18		12		2
	18		25	16	9	9	4	12		4	1	11
3	8	4	19					19		7		3
			5		12	4	16	2	21	4	4	12
17	18	21	4	20		14		6		2		17
10		3			24	13	20			17		4
16		22		26		18		15	2	4	18	21
9	16	2	2	18	17	1	4		4			
9		8		20				18	1	5	7	
16	12	4		4	2	23	16	4	12		19	
2		18		18		16			8	3	20	10
26	13	20	20	13	12	18	1		19		10	

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

## Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average; 20 words - good; 25 words - very good; 30 or more - excellent.

I	O	E
L	Y	S
N	T	M

## Quiz

1. Actor and comedian Miles Jupp first found fame playing Archie the Inventor in which children's TV show of the Noughties?
2. Which river flows from the Pennines in Cumbria to the North Sea via Middlesbrough?
3. Who wrote the Just William stories?
4. Which factory moved from Tower Hill to Llantrisant in 1968?
5. What covenant, delivered to Moses



Q1 - Miles Jupp

6. on two stone tablets, is also known as the Decalogue?
7. How many labours were performed by Heracles?
8. Which insect is also known as a white ant?
9. In which US state are the Everglades?
10. Which Czech composer is best known for his Ninth Symphony, From the New World?
11. What does RSPCA stand for?

## LAST WEEK'S SOLUTIONS

### Pathfinder

Happy Feet, Puss in Boots, Madagascar, Kung Fu Panda, Flushed Away, Ice Age, The Nightmare Before Christmas, A Bug's Life, Chicken Run, Monsters Inc., Ratatouille, How to Train Your Dragon, Toy Story, Finding Nemo, Over the Hedge, Shark Tale, Despicable Me, Chicken Little, The Incredibles.

### Quiz

1. The Last Post; 2. Royal Greenwich Observatory; 3. Sicily; 4. Royal Institution; 5. Mount Everest; 6. Aida; 7. Uranium; 8. Oliver Cromwell; 9. Queen Victoria; 10. Excalibur.

### Sudoku

1	8	3	2	7	5	9	4	6
6	2	7	9	3	4	5	8	1
5	4	9	6	1	8	3	2	7
4	7	8	3	9	1	6	5	2
2	3	6	4	5	7	1	9	8
9	5	1	8	6	2	4	7	3
7	1	2	5	4	6	8	3	9
3	6	4	7	8	9	2	1	5
8	9	5	1	2	3	7	6	4

2	5	9	1	4	6	7	3	8
1	4	7	8	5	3	9	6	2
6	8	3	7	2	9	4	5	1
4	1	5	9	8	7	3	2	6
9	3	8	6	1	2	5	4	7
7	2	6	4	3	5	1	8	9
5	9	4	2	7	8	6	1	3
3	6	2	5	9	1	8	7	4
8	7	1	3	6	4	2	9	5

### Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
A	K	F	M	W	R	H	Y	V	X	T	Q	G
14	15	16	17	18	19	20	21	22	23	24	25	26
I	C	S	L	O	U	D	B	Z	E	J	P	N

### Split Decision

F	A	C	E	D
R		L		I
A	D	U	L	T
U		M		C
D	E	P	T	H



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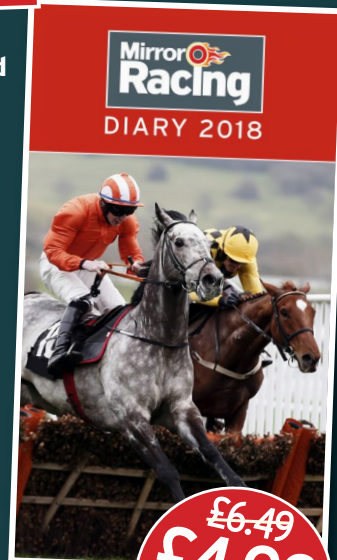
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# BOOKSHELF

From nourishing cookbooks to wellness-approved body bibles, **LIZ CONNOR** finds page-turners for better mental and physical health this year

**J**ANUARY is, typically, the time to delete Domino's from your speed dial, stop idly scrolling through Instagram and make some solid plans to atone for the unmentionable sins committed during Twixmas – the ambiguous period between Christmas and New Year, when most of us lose all sense of time and calories consumed.

Thankfully, there's a whole slew of new book releases that will help you to better your lifestyle habits this year – whether you're on a mission to shed weight, achieve the body of an Adonis or are simply resolving to live a healthier life.

From gut-friendly recipe ideas to Joe Wicks' latest diet tome, there's something for everyone in our pick of the best new health books.

So, switch your phone onto aeroplane mode, grab yourself a kale smoothie and huddle up under a blanket – you're going to need some serious spare time to get through this lot.

**THE MODEL METHOD** by Hollie Grant (Pikatus, £16.99)

EX-PASTRY chef and Pilates teacher Hollie Grant has become the poster girl for moving away from fad diets, thanks to her 'strong not skinny' ethos.

Her latest book, *The Model Method*, is all about eating and sweating your way to a flexible bod and lifelong wellness.

As well as heaps of nourishing recipes, there are Pilates and HIIT-inspired exercises to help strengthen, tone and bring mindful balance.

**THE FAT-LOSS PLAN: 100 QUICK AND EASY RECIPES WITH WORKOUTS** by Joe Wicks (Pan Macmillan, £16.99)

WITH over one million books already sold, which gym-lover hasn't tried Joe Wicks' famous Lean In 15 series?

If you're looking to shed a few pounds (or achieve the enviable abs of Mr Wicks), his latest instalment will help you to lose weight through guided diet plans and handy meal prep tips.

There are over 100 delicious recipes for busy people who don't have hours to spend in the kitchen, as well as a handful of Wicks-approved workouts to try.

Sadly, no amount of salad or sit ups will help you to achieve his enviable good looks though.

**THE HEALTHY GUT HANDBOOK** by Justine Pattison (Seven Dials, £14.99)

CONSIDERING the rise in kimchi,

## The best healthy reads for 2018

kombucha and probiotic products, it's pretty clear gut health is something we're all starting to take seriously.

This practical guide to boosting your microbiome is a handy cheat sheet for anyone who hasn't yet jumped on the trend.

There's a 28-day guide to eating with your gut in mind, alongside 80 simple recipes that won't disrupt your good bacteria – from sweet potato and spinach dhal to spiced chicken and rice salad.

**THE DOCTOR'S KITCHEN** by Dr Rupy Aujla (Harper Thorsons, £14.99)

WHO better to tell you how to eat your way to wellness than an actual NHS doctor?

That's the idea behind Dr Rupy Aujla's refreshingly honest cookbook, *The Doctor's Kitchen*.

As an advocate for food as medicine, Dr Aujla has loads of advice and remedies for everyday health issues, as well as healing recipes designed to supercharge your wellbeing.

Putting down the pizza and fries doesn't necessarily mean turning to rabbit food either.

The recipes are surprisingly delicious and you can get stuck into everything, from sweet Bombay potatoes to Mexican black bean chili.

**THE FOOD EFFECT DIET** by Dr Michelle Braude (Little Brown Group, £13.99)

EVERYONE knows the worst thing about a January health kick is going

Gaz Oakley with a plate of vegan food and top right is his new book *Vegan 100*  
Main image by Adam Laycock

without your favourite foods – namely wine, chocolate and pasta.

Rather amazingly, Dr Michelle Braude's new diet bible claims it can help you to shed six pounds in four weeks – and you won't have to give up the holy trinity of food vices either.

Believing that healthy eating shouldn't be about restriction, she offers menu plans which can be adapted to suit different lifestyle and nutritional needs.

Great news for vegans too – the only significant 'no, no' here is red meat.

**THE ULTIMATE FODMAP COOKBOOK**

by Heather Thomas (Vermilion, £13.99)  
IF YOU suffer from digestive issues, chances are you'll have a whole blacklist of evil foods that will leave you writhing on the floor in pain.

Thankfully, the FODMAP regimen has revolutionised eating for the two in 10 people who live with IBS (irritable bowel syndrome) in the UK, and there are loads of new gut-friendly recipe books on the subject to provide inspiration.

This one has over 100 delicious recipes that won't upset your stomach – from breakfast and lunch to dinner and supper.

**VEGAN 100: OVER 100 INCREDIBLE RECIPES FROM @AVANTGARDEVegan**

by Gaz Oakley (Quadrille, £20, available January 25)

INSTAGRAMMERS will probably know Gaz Oakley as

@avantgardevegan, the plant-powered chef who cooks up some seriously tasty, cruelty-free dishes.

Now the Insta-star has turned his account into a recipe book in a bid to inspire others to try their hand at meat-free cooking too.

With everything from fried 'chicken', 'fillet steak' wellington and summer berry mousse cake, this book will dispel the myth that going vegan means miserably chowing down on chickpeas and lentils.

**THE 4 PILLAR PLAN** by Dr Rangan Chatterjee (Penguin Life, £12.99)

FORGET Whole30, Atkins and 5:2, this year we'll all be following The 4 Pillar Plan.

This revolutionary guide to taking the reigns of your life revolves around, yep, you guessed it, four key pillars: relaxation,

food, sleep and movement. Rather than going on a crazy diet and detox binge, Dr Rangan Chatterjee – star of BBC1's *Doctor In The House* – suggests making small, achievable changes in each of these key areas to bring balance and happiness to your life.

You'll be serenely drifting to work like a floating feather in no time.

## LATEST TITLES

**ANATOMY OF A SCANDAL** by Sarah Vaughan (Simon and Schuster, hardback £12.99, ebook £4.99. Available January 11)

★★★★★

CHARISMATIC and charming junior minister James Whitehouse is accused of raping a parliamentary aide he was having an affair with. His wife Sophie is determined to stand by him, while barrister Kate Woodcroft works tirelessly to prove him guilty. So far, so generic crime novel. However, the many secrets of this novel are in the telling. Multiple storytellers spin strands in the past and present which together form a gripping, and steely narrative. Vaughan's storytelling is not only masterful, but its themes will linger in the mind, long after it's been put down.

**CLOSE TO HOME** by Cara Hunter (Penguin, paperback £7.99, ebook £4.99. Available January 12)

★★★★★

WHAT has happened to Daisy Mason? That is the question this psychological thriller tries to answer. Police are called in to investigate an eight-year-old girl's disappearance. The story is set in the present day, with a series of dated flashbacks to events before Daisy vanished. There are press excerpts, police interviews and social media posts included in the text as the story unfolds. The result is an immersive experience, with twists and turns, making for compulsive reading.

**THE TRUTH AND LIES OF ELLA BLACK** by Emily Barr (Penguin, paperback £7.99, ebook £4.99. Available January 11)

★★★★★

EMILY BARR hit all the right teen-fiction notes in last year's *The One Memory Of Flora Banks*, and this book is in the same vein. Ella's parents are doting, to the point of smothering, but they don't know about the dark and twisty part of her, that threatens to destroy everything. Ella is getting by, but then her parents whisk her out of school and put her on a plane to Rio. Tackling mental health issues, teen anxiety, first love and more, it covers the right ground, but lacks pace, and is a touch predictable.

## BOOKS CHART

1. The Fat-Loss Plan, Joe Wicks
2. Bad Dad, David Walliams
3. Diary of a Wimpy Kid: The Getaway, Jeff Kinney
4. Why We Sleep, Matthew Walker
5. Midwinter Break, Bernard MacLaverty
6. 5 Ingredients – Quick & Easy Food, Jamie Oliver
7. Private Eye Annual 2017, Ian Hislop
8. La Belle Sauvage: The Book of Dust Volume One, Philip Pullman
9. Guinness World Records 2018
10. Mythos, Stephen Fry

CHART COURTESY OF WATERSTONES





THURSDAY, JANUARY 11, 2018

ESSEXLIVE.NEWS/PROPERTY

# PROPERTY & LIVING

**PURPLE REIGN**

Interiors experts share advice for using this year's hot colour

PAGES 34&35



## FAMILY FAVOURITE

The delightful three bedroom semi-detached is approximately half a mile from Harlow Mill station PAGES 32-33



# HOT HOUSE



## IDEAL CHOICE FOR FAMILIES



A spacious semi-detached house has just gone on the market in Harlow and boasts three double bedrooms. The home, in Manor Road, also has a large garden and kitchen making it an ideal choice for families. The property is located in the heart of Old Harlow and is within walking distance to Harlow Mill Station.

There is an en-suite to the master bedroom and a ground floor bathroom. If the buyers wish, there is also the potential to create a private driveway.

On the ground floor there is an entrance hall, which benefits from laminated wood flooring, and a large living / dining room – measuring 21m by 15m. This room also has laminate flooring, UPVC windows and two double radiators – meaning keeping it warm will not be an issue.

Between the downstairs bathroom and under-stairs storage cupboard is a handily-located utility room. This has tiled flooring, a side window and plumbing for a tumble dryer.

The downstairs tiled bathroom measures 5m x 6m. This means there is plenty of space for the enclosed bath with mixer taps, low-flush WC and hand wash basin with pedestal.

The kitchen has a gas hob and electric oven as well as plumbing for a dishwasher and washing machine and space for a fridge/freezer. The room has been extended so that it measures 16m x 11m and has access to the rear garden via a set of patio doors.

The garden is mainly lawn but does have a couple of raised beds. These could either be used for plants or veg – depending on how green-fingered you are.

All three bedrooms upstairs have double radiators, power points and double glazed windows. The master bedroom has an en-suite and the third bedroom a TV point.

The en-suite has a fully-tiled shower cubicle, wash basin and WC. There is also tiled flooring, a heated towel rail and extractor fan.

The Manor Road property is on the market for £360,000. It is being marketed by Kings Group in Church Langley who can be contacted on 01279 949045.





## SELLING POINTS

Address... Manor Road, Harlow

USP... A three double bedroom semi-detached house, en-suite to the master bedroom, close to Harlow Mill station, larger than average rear garden, ground floor bathroom, extended rear creating a large kitchen

Price... £360,000

Agent... Kings Group on  
01279 410 084





# YOUR HOME

## Ultra Violet, right!

With the colour purple set to rule, **GABRIELLE FAGAN** asks three decor experts how to make best use of this daring shade

**S**urely one of the grandest hues on the colour wheel, with its associations with royalty, wizardry and luxury, purple is the hot shade for 2018.

Ever since colour gurus Pantone announced Ultra Violet – their interpretation of the shade made from a combination of blue and red tones – as their new Colour of the Year, there's been a virtual avalanche of homeware and accessories in plummy shades.

This powerful colour is definitely not for faint-hearted decoristas, or those who think daring is moving from white to a pale shade of grey.

Even Leatrice Eiseman, Pantone's executive director, describes Ultra Violet as a "dramatically provocative and thoughtful purple shade".

But used cleverly, it can look pretty as well as punchy – you just need to get the dose right!

Here, three decor experts reveal how to enjoy a full-blown purple passion, 'flirt' with quirky purple accents, or 'double date' by blending blue and purple...

### GO FULL-ON PASSION FOR PURPLE

"Ultra Violet has already sent shock waves through the interior design fraternity," says Sophie Robinson, interior designer and former judge on BBC's The Great Interior Design Challenge, whose living room reflects her enthusiasm for purple.

"It's a real Marmite colour, people either love it or hate it, but I'm a purple lover. I adore its intensity and vibrancy. It's a really uplifting, feel-good colour and I can't wait to see it popping up in the best dressed interiors."

"My advice," Sophie adds, "leave behind all thoughts of Cadbury Cream Eggs, Barney the Dinosaur and

Laurence Llewelyn-Bowen in all his purple velvet suited glory, and embrace the new power of purple.

"Don't be tempted to simply paint a feature wall in Ultra Violet and leave it at that.

"Instead, keep walls neutral and let soft furnishings do the work for you.

"If you're using florals, mix them with geometrics for a more interesting look and do something unexpected.

"For me, a pop of neon colour for a cushion and candles lifted my living room scheme.

"The great thing about Ultra Violet is that it can hold its own with a diverse range of colours.

"It can act as a dark foil for acid brights, a cool partner for hot hues, and a safe anchor for delicate pastels."

### FLIRT WITH PUNCHY PURPLE ACCENTS

"This exciting choice for Colour of the Year works brilliantly in many different ways,

for all different interior schemes," enthuses Brian Woulfe, founder and managing director, Designed By Woulfe.

"If you're brave, go hard on block colours and mix this vibrant hue with other visceral and stimulating colours in your home in a Mondrian style. This will give your space a stylish edge because this is a heady cocktail of punkish rebellion and regal opulence.

"Alternatively, intoxicating purple sits wonderfully with the popular grey, earthy tones which have dominated the interiors scene for so long.

"Alongside greys and ochre, purple tones are softened and can be seamlessly integrated to a pre-existing scheme," Brian continues.

"Another great way to introduce a softer version of Ultra Violet is to opt for cashmere or wool soft furnishings in this punchy tone, or use the shade for silk or satin piping for an on-trend trim for cushions, curtains or armchairs."



Purple FTT-019 paint from the Film, Television & Theatre Collection, from £27 per litre in a wood & metal matt, gloss or eggshell finish, Mylands Paint ([mylands.com](http://mylands.com))



Essence velvet cushion in Regal Purple & Moss, £34, The French Bedroom Company ([frenchbedroomcompany.co.uk](http://frenchbedroomcompany.co.uk))

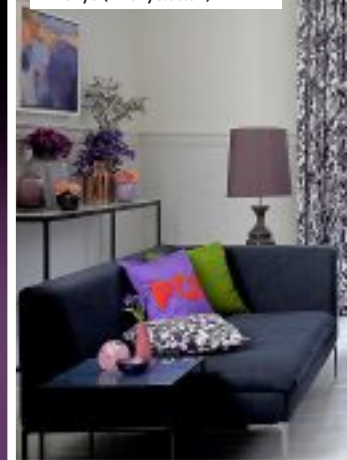


Marble velvet cushion, £95, Heal's ([heals.com](http://heals.com))

Lunar black glass dining table with four Pica chairs (also available in purple), reduced to £199.99 from £299.99, Furniture Choice ([furniturechoice.co.uk](http://furniturechoice.co.uk))



Designer Sophie Robinson in her living room. Windows dressed with Sorana violet curtain fabric from the Indigo Garden collection, from £180, Hillarys ([hillarys.co.uk](http://hillarys.co.uk))



### PARTNER MOODY BLUES WITH PURPLES

"Purple's long been associated with spirituality, mystery and contemplation, and Ultra Violet is no exception," says Hannah Thistlethwaite, textiles buyer, Heal's.

"Inspired by the night sky, it's full of possibilities. Pairing Ultra Violet with serene shades of blue could have an ethereal effect. For a luxurious take on the trend, I'd recommend sofas and armchairs in inky navy or midnight black, with amethyst cushions and throws to provide subtle pops of colour from the same palette," Hannah adds.

"Finally, add a pendant light or a table lamp in soft copper to catch the light and add brightness to the overall look. So, while the psychedelic hue is certainly a statement, be bold, and you'll reap the benefits of a space that is altogether other-worldly."



Three photographic 'Violet' prints, £58 each, Pixers ([pixers.uk](http://pixers.uk))





Junction table lamp in copper, reduced from £129 to £116, Heal's (heals.co.uk)



Violet mountains vinyl wall mural, £290, Pixers (pixers.uk)



Sorana violet curtain fabric from the Indigo Garden collection, from £180, Hillarys (hillarys.co.uk)



Wide bedside table in purple, £375, Out There Interiors (outthereinteriors.com)

\*Prices correct at time of going to print. Offers available while stocks last

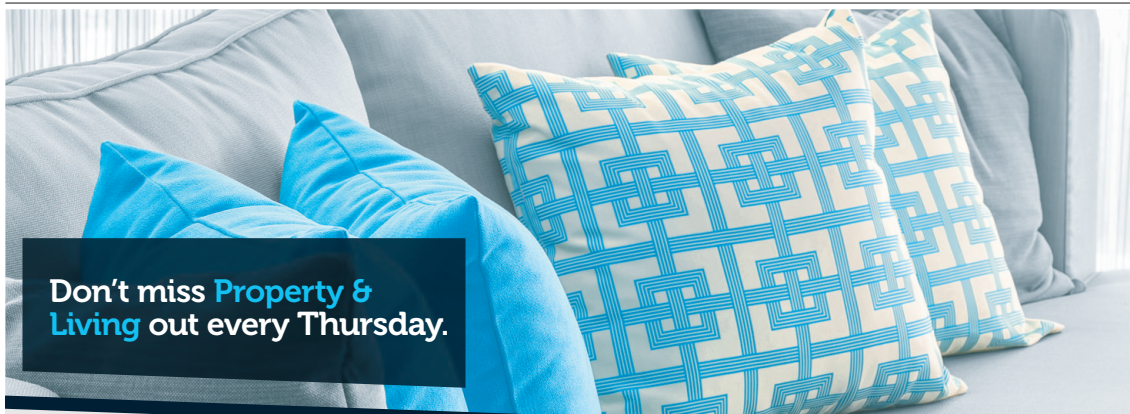


Purple Alpaca Throw, reduced to £129.95 from £149.95, Annabel James (annabeljames.co.uk)

Arthouse Star Studded Stag Head, RRP £100, visit arthouse.com for local stockists



Balmoral three-seater sofa, reduced from £3,199 to £2,559, Heal's (heals.com)



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# PROPERTY TALK

With Nigel Lewis

## ELLEN'S \$5.5M PRICE DROP



Pictures: Jim Bartsch

Ellen DeGeneres



Being one of the world's most famous TV chat show hosts, actresses and Hollywood movers and shakers might help attract buyers when selling a home, many people would assume. But not so for 59-year-old Ellen DeGeneres who is trying to offload a former home but is struggling to attract offers since putting it on the market in April last year.

Five years ago Ellen and her wife Portia de Rossi bought the house, which is in the hills above Santa Barbara in California, and later featured heavily in Ellen's book, *Home*.

Known as The Villa it was designed and built by architect Wallace Frost during the 1930s after he returned from Italy. After Ellen and Portia purchased the 10,500 sq ft property for \$26.5m in May 2013, they expanded and

modernised it. The Villa now has six bedrooms, eight bathrooms, nine fireplaces, several libraries, a marble-topped chef's kitchen and several formal entertainment rooms. They also added a pool, tennis court and security system and bought two adjacent properties.

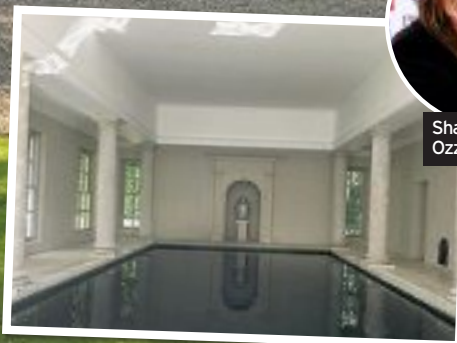
Their original asking price of \$45m has now been dropped to £39.5m. But they're not waiting for a sale before moving home. The couple have recently bought two other properties in California including an \$18.6m oceanfront home near Santa Barbara and a historic ranch for \$7.2m in the 'weekend getaway' town of Montecito. This property is also next door to Oprah Winfrey.

More information from [TopTenRealEstateDeals.com](http://TopTenRealEstateDeals.com)

## AT HOME WITH THE OSBOURNES



Sharon and Ozzy Osbourne



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Pictures: Justin Paget

**T**his Georgian mansion has had so many famous owners it's in danger of becoming a celebrity in its own right. Set in immaculate grounds and featuring a tree-lined driveway, swimming pool and tennis court, it has been home to movie heartthrob Dirk Bogarde, songwriter Matt Aitken of Stock, Aitken and Waterman fame and TV chat show host Robert Kilroy-Silk.

But its most famous residents have been Ozzy and Sharon Osbourne, who lived in it during Ozzy's well-documented battle with alcohol during the late 1980s.

During their time there, in 1989, Ozzy was arrested at the property by police for threatening to kill his wife and subsequently spent time at a nearby rehab clinic.

The Osbournes eventually resolved their marital problems, sold Beel House and moved to Los Angeles and gained worldwide fame with their TV reality show *The Osbournes*.

In her 2006 autobiography *Extreme*, Sharon said of the house: "I decided I wanted to go back to England. By this time we had already sold Beel House. I had enough bad memories not to be sorry to see it go."

Beel House is back on the market.

The current owner is asking £3.95 million for the property, which is near Amersham in Buckinghamshire.

More information from Knight Frank (01494 854579).

**D**uring the 1970s and 80s a good Christmas meant an hour sat in front of the TV watching *The Two Ronnies Christmas Special* on the BBC awash with cheeky jokes, innocent gags and famous guests including Elton John, David Essex and Elaine Paige.

These specials became such an institution that there was genuine national mourning in 1987 when their final Christmas show was aired. The end of their specials was prompted largely by both men's desire to do more solo projects, although Barker was already suffering the effects of his heavy smoking, which eventually helped cause his death in 2005 from heart failure, aged 76. But his work endures today.

Barker's 1976 sketch

## FUNNY OLD HOUSE



Ronnie Barker

'Four Candles' about a man ordering 'fork handles' in a hardware store, but being misunderstood, was recently voted one of the best TV sketches of all time.

Barker enjoyed a prolific career far beyond *The Two Ronnies* including, before it, working with David Frost on his famous *Frost Reports* during the 1960s, and later with the prison comedy *Porridge* and corner shop sitcom *Open*

All Hours.

He was born in Bedford but brought up in Oxford and developed his comedy and singing talents at the local school. His former family home from 1935 to 1949, a two-bedroom end-of-terrace house, is now for sale with a blue plaque outside. The property is for sale at £350,000 through local agent Premier Residential Sales & Lettings (01865 792299).

## EDWINA'S 'EGGSCCELLENT' HOME



**F**ormer MP Edwina Currie is remembered both for having an affair with John Major during the 1980s and sparking a salmonella scare while a junior health minister.

She was MP for South Derbyshire for 14 years until 1997 but in 1986 got a job within the Major government. But her time in the limelight came to an end in December 1988 when she said that "most of the egg production in

this country, sadly, is now affected with salmonella". Her comments weren't technically true – the flock, not production, was infected. Then in 2002 Edwina published an autobiography in which she revealed an affair with now former PM John Major.

During this time, Currie's home was a Grade II listed converted windmill between Derby and Burton-upon-Trent. The

Tower House is now for sale and dates from 1715. It has recently been renovated and now offers luxury living including three reception rooms, an indoor pool, five bedrooms including two within the converted windmill, and an annexe in the drive that has room for four cars and a one-bedroom flat above it.

The property is on the market with Fine & Country (01332 973881) for £850,000.

## WHAT THE DICKENS!

Keen readers of Charles Dickens will recognise this historic street.

Minor Canon Row features in the final and unfinished novel he was writing in 1870 called *The Mystery of Edwin Drood* just before his death in June that year. Within the street is referred to as 'Corner' rather than 'Row'. The novel is set in the fictitious town of Cloisterham – a lightly-disguised Rochester. It was a city Dickens knew well after living there for 10 years prior to his death, and which featured in two of his other novels;




*The Pickwick Papers* and *Great Expectations*.

In *The Mystery of Edwin Drood*, Dickens says "Minor Canon Corner was a quiet place in the shadow of the Cathedral, which the cawing of the rooks, the echoing footsteps of rare passers, the sound of the Cathedral bell, or the roll of the Cathedral organ, seemed to render more quiet than absolute silence".

Minor Canon Row was built in 1723 to house minor clergy working at the cathedral next door and, after later falling into disrepair, was bought by a trust in 2008 and restored in 2011. One of the houses is now for sale.


Grade I listed No.2 Minor Canon Row which was also the childhood home of Shakespearean actress Sybil Thorndike, is on the market for £1.125 million. It has four bedrooms, two reception rooms, two bathrooms, a games room and a garage – useful in a city with tight parking restrictions. More information from Jackson-Stops (020 7664 6646).



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# YOUR GARDEN

With Diarmuid Gavin

**F**or 2017, Pantone declared that 'Greenery' was their colour of the year. A zesty green, it hit the right notes, particularly for gardeners, and was adopted by many interior designers who brought outdoor themes, patterns and colours inside.

Pantone's colour for 2018 is Ultra Violet.

Flowers on the violet-to-purple spectrum are very beautiful and useful in the garden as they seem to go with or complement most other flower colours.

Along with lavender, salvias are becoming increasingly popular with varieties such as 'Mainacht', 'Amistad' and 'Caradonna' all performing well with long-lasting flowers.

There are some beautiful purple penstemons, a really deep one being 'Purple Passion', and stalwart performers such as hardy geraniums and nepeta that will bloom prolifically.

However, I'm not sure Ultra Violet will work as a paint colour for our outdoor schemes – it's quite a light purple and in our gentle northern light we need stronger shades, such as aubergine, when painting walls and fences.

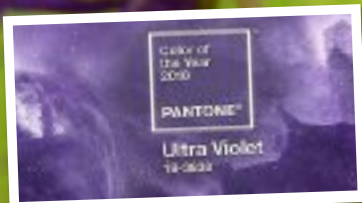
But looking at it in a more symbolic way, the colour purple is often associated with creativity, originality, non-conformity and mystical and spiritual qualities.

As we look to the year ahead in gardening, we could adopt any one of these attributes as our theme.

Gardening is the ideal arena for self-expression, individuality and connecting with nature and the universe, and is being increasingly recognised as beneficial to mental and physical



This wonderful shade of the colour purple is set to dominate design throughout 2018



Nifty shades... purple potatoes, broccoli or even cauliflower will all set the right tones, for the Ultra Violet look, as will Canterbury Bells, main image

wellbeing. Whether a novice or experienced gardener, there are tangible benefits to spending time outdoors, nurturing and tending our plots.

And even if you don't have any outdoor space yourself or perhaps just a small balcony area, make 2018 the year you give yourself more time to appreciate nature and the great outdoors.

The Japanese have a concept called shinrin-yoku, which translates as forest bathing – this is the practice of taking a short, leisurely walk through a forest for health benefits.

Visit local parks, botanic gardens, woodlands and National Trust gardens – we have a very rich heritage of gardening to admire and draw inspiration from. In your own garden, in keeping with the emphasis on mindfulness and living in the present, consider creating a contemplative area just to rest or meditate in – a comfortable seat with a restful focal point to gaze upon, such as a beautiful tree, a piece of sculpture or a water feature.

Growing more veg is always top of my new year's resolutions. Rainbow eating is the latest health trend – eating as many different coloured fruit and veg as possible to incorporate all the vitamins and minerals you need.

Inspired by the purple theme, I could grow purple potatoes, which are supposed to be so much richer in antioxidants, containing three times more polyphenols than their white counterparts.

'Purple Majesty' is an early main-crop variety so I'll need to get buying and chitting in early January to be ready for March planting.

Other purple superfoods containing health-boosting anthocyanins include purple broccoli, cabbage and kale, so I'll starting browsing the veg catalogues for spring planting selections.

In the meantime, Happy New Year to you all – I'm really looking forward to sharing another year's gardening with you. Please continue to send in your plant queries and observations – I love to hear what's going on in your plots!



## Time to prepare for the year ahead

■ MID winter is a time to prepare for the busy spring period ahead. It's a good time to take stock of your garden shed or garage where you store tools, and inspect them. Some may need cleaning, oiling, repair or replacement. Could your lawn mower do with a service?

■ START collecting egg boxes as these make great chitting boxes for getting seed potatoes off to a successful start.

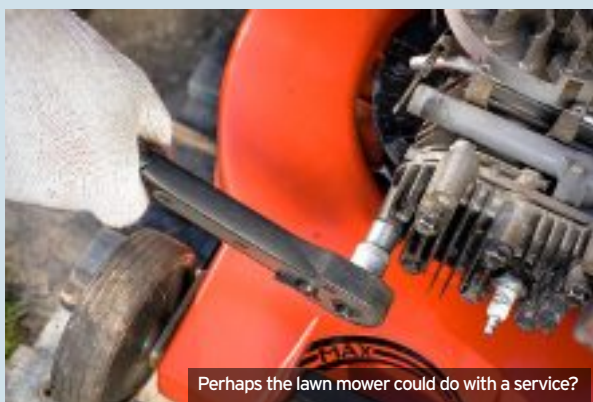
■ PRUNE roses while dormant.

### JOBS FOR THE WEEK

■ AS hellebore flowers emerge, remove old foliage which looks a bit raggedy now.

■ FOR sweeter earlier stems, force rhubarb by covering crowns with a dark bucket to exclude the light.

■ CLEAN bird baths and feeders as bacteria that builds up can become poisonous. Also, keep a steady supply of food out.



Perhaps the lawn mower could do with a service?



Forcing rhubarb will make it sweeter





Salvia nemorosa  
(Woodland sage)



Create a space where you have time to think and perhaps appreciate the garden more

## ASK DIARMUID

**Q** THIS plant self seeded in my garden and I would love to know what it is. I have taken it to a few garden centres and nurseries but nobody seems to know.

There have been a few guesses, from ragweed to wild parsley, but no one can be sure. Please help, as not knowing is so frustrating!

William Anderson



**A** IT does look very similar to ragweed, Ambrosia artemisiifolia, an American native which has made its way over here and is notable for its wind-blown pollen

which is highly allergenic.

However, my best guess is Artemisia vulgaris, or mugwort, an aromatic perennial often found in weedy areas such as roadside verges.

The leaves and flowers look botanically similar and if you lift the underside of the leaves you will find them silvery and woolly, a characteristic of this particular plant.

## PLANT OF THE WEEK

### BAPTISIA PINK LEMONADE

WILL you grow something completely new in 2018? Hayloft plants, which is known for unusual plants, have this new offering. Baptisia, a hardy perennial, was once grown for the dye extracted from its striking blue flowers as a substitute for the more expensive indigofera.

However, this variety has yellow

flowers that turn pink and mauve.

It's a very pretty plant that would look lovely in a cottage or prairie-style planting scheme. Baptisia like to be undisturbed once planted - ideally in well drained soil in the sun.

■ For further details, phone 01386 554 440 or [visithayloft-plants.co.uk](http://visithayloft-plants.co.uk)



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SAWBRIDGEWORTH, EPC BAND C, £1200.00 PCM\*



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- Modern Bathroom



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- No Onward Chain



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- Potter Street Location



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- Kitchen 15'11 x 9'3
- Two Double Bedrooms
- Downstairs Cloakroom
- Within Easy Reach of Transport Links



SOLD Similar  
Required

## POTTERS FIELD Offers Over £279,995

- Two Double Bedroom End of Terrace Home
- Conservatory
- Separate Utility Area
- Outskirts of Harlow
- No Onward Chain
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- Viewings are Strongly Recommended



## Shawbridge

**OIEO £280,000**

- Three Bedroom Family Home
- Chain Free
- End of Terrace
- Three Double Bedrooms
- Popular Location
- Gas Central Heating



GOOD  
SIZE

## Chapelfield

**OFFERS OVER £280,000**

- Three Bedroom Home
- Mid Terrace
- Potter Street Location
- Gas Central Heating

- Double Glazing
- Open Plan Kitchen Diner
- Lounge
- Viewing Recommended



## THE READINGS

**£280,000**

- Three Bedroom Family Home
- Mid Terrace
- Double Glazing
- Gas Central Heating
- Close to Amenities
- Good Size Rear Garden
- No Onward Chain



## RUSHTON GROVE

Offers over £284,000

- Two Bedroom Mid Terrace Home
- Quiet Cul-De-Sac
- Modern Fitted Kitchen & Bathroom
- Two Allocated Parking Spaces
- Close to Schools
- South Facing Garden



NEW  
INSTRUCTION

## EAST PARK

**£395,000**

- Sought After Location of Old Harlow
- Lounge 10'5 x 23'9
- Dining Room 10'1 x 9'7
- Modern Kitchen 17'3 x 8'11

- Garage
- Close to Old Harlow High Street
- Walking Distance of Harlow Mill Train Station
- Close to Local Schools





**MUST VIEW**

**BARN MEAD**

**£290,000**

- Three Bedroom Home
- Mid Terrace
- Large Lounge Diner
- Fitted Kitchen & Bathroom

- Good Sized Bedrooms
- Close to Local Amenities & Schools
- Double Glazing



**PRIORY COURT**

**£290,000**

- Three Bedroom Town House
- Own Drive
- Close to Schools & Amenities
- Good Size Garden
- Downstairs Cloakroom
- Fitted Kitchen
- Lounge & Dining Area



**THE FORTUNES**

**£323,000**

- Four Bedroom Family Home
- Corner Plot
- Large Lounge
- Kitchen Diner
- Utility Room & Downstairs Cloakroom
- Modern Fitted Bathroom
- Viewing Recommended



**PEACOCKS**

**Offers in excess of £284,995**

- Three Bedroom Family Home
- Fitted Kitchen & Bathroom
- Gas Central Heating
- Allocated Parking Space
- Outskirts of Harlow
- Open Plan Lounge Diner
- Double Glazing



**RADBURN CLOSE**

**£285,000**

- Three Bedroom Family Home
- Close to Harlow Common
- Unoverlooked Garden
- Good Size Lounge Diner
- Close to Schools & Shops
- Lounge Diner 16'6" x 9'11"
- Bathroom & Separate WC



**LOFT EXTENSION**

**CHURCH LANGLEY**

**£330,000**

- Extended Family Home
- Three Bedrooms
- Modern Fitted Kitchen
- Family Bathroom

- Gas Central Heating
- Double Glazing
- Walking Distance to Local Supermarket.
- No Onward Chain



**BENTLEY DRIVE**

**£349,995**

- Three Bedroom End of Terrace Home
- Modern Fitted Kitchen & Bathroom
- Gas Central Heating & Double Glazing
- Allocated Parking
- Conservatory
- Close to All Amenities



**NAIZING**

**OIEO £450,000**

- Three/Four bedroom Property
- Potential for loft conversion (subject to planning)
- Parking for five vehicles
- Double Glazing & GCH
- Spacious Lounge/dining area
- Family friendly rear garden
- Two annexes in garden area offering both living ac



**NO ONWARD CHAIN**

**BROOKLANE FIELD**

**£378,995**

- Four Bedroom Family Home
- Sought After Area
- Good Access M11/M25
- Needs Updating.

- Close to All Amenities
- Utility Room
- Lounge & Separate Dining Room
- Good Potential



**HASTINGWOOD**

**£525,000**

- Three Bedroom Cottage
- Semi-Detached
- Kitchen & Dining Room
- Gas Central Heating
- Double Glazing
- Viewing Recommended



**OLD HARLOW**

**Asking price £700,000**

- Four Bedroom Detached
- Kitchen & Dining Area
- Downstairs Bathroom
- Downstairs Bedroom & en-suite
- Lounge
- Double Garaging
- Underfloor heating



**RECENTLY RENOVATED**

**ONGAR**

**£575,000**

- Three Bedroom Bungalow
- High Specification Throughout
- Dressing Room
- Family Bathroom

- Two Further Dorma Rooms





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HARLOW, CHURCH LANGLEY & NEW HALL | **01279 444988**



**NEWMANS END £2,500 PCM**

- 5 Bedrooms
- En-suite to Master
- Semi Rural Location
- \* Admin Fees Apply
- EPC Rating D
- Must Be Viewed
- Beautiful Views
- Parking
- Available Now



**SHAWBRIDGE £1,150 PCM**

- Three Bed House
- Conservatory
- Close To Schools
- White Goods Only
- EPC Rating D
- \* Admin Fees Apply
- Available 9th Feb



**PEACOCKS £1,100 PCM**

- Three Bed House
- Modern Property
- Must Be Viewed
- EPC Rating D
- \* Admin Fees Apply
- Oven Only
- Available Now



**VICTORIA GATE \$925 PCM**

- Two Bed Apartment
- Top Floor
- Intercom Entry
- Allocated Parking
- \* Admin Fees Apply
- EPC Rating C
- Available End Jan



**MOORFIELD £825 PCM**

- Two Bedroom Flat
- Top Floor
- Gas Central Heating
- EPC Rating D
- Unfurnished
- \* Admin Fees Apply
- Available Now



**TYE GREEN £775 PCM**

- One Bed Bungalow
- Oven Only
- Shower Only
- Garden
- EPC Rating D
- \* Admin Fees Apply
- Available Now



**IMPORTANT INFORMATION:**

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Bonded Client Account



Referenced Tenants



Regular Property Visits



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# CENTURION

SALES: 01279 417234

LETTINGS: 01279 400444

**HERONS WOOD, HARLOW****£490,000**

- FOUR BED DETACHED
- LARGE EXTENSIONS
- GARAGE & DRIVEWAY
- CLOAK ROOM
- LARGE PLOT
- UPVC D/GLAZED WINDOWS
- GAS HEATING
- INTERNAL PHOTOS ONLINE

**GREAT PLUMTREE, HARLOW****£271,950**

- THREE BEDROOM TERRACE
- FITTED KITCHEN
- CLOSE TO AMENITIES
- RECENTLY RE-DECORATED
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE

**ABBEYDALE CLOSE, CHURCH LANGLEY****£297,500**

- TWO BED SEMI
- GARAGE & DRIVEWAY
- SOUTH FACING GARDEN
- SOUGHT AFTER LOCATION
- UPVC D/GLAZED WINDOWS
- GAS HEATING
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE

**ST ANDREWS MEADOW, HARLOW****£269,000**

- TWO BED END TERRACE
- ALLOCATED PARKING
- PRIVATE LOCATION
- NO ONWARD CHAIN
- UPVC D/GLAZED WINDOWS
- GAS HEATING
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE

**CHURCH LEYS, HARLOW****£275,000**

- TWO BED TERRACE
- GROUND FLOOR EXTENSION
- TWO RECEPTION ROOMS
- SOUTH FACING GARDEN
- UPVC D/GLAZED WINDOWS
- GAS HEATING
- WHITE BATHROOM SUITE
- INTERNAL PHOTOS ONLINE

**SOVEREIGN COURT, HARLOW****£180,000**

- ONE BED GROUND FLOOR FLAT
- PRIVATE LOCATION
- ALLOCATED PARKING
- NO ONWARD CHAIN
- LONG LEASE
- UPVC D/GLAZED WINDOWS
- GAS HEATING
- INTERNAL PHOTOS ONLINE



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4-6 MARKET STREET | OLD HARLOW | ESSEX | CM170AH

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# Howick & Brooker

Gothic House, Station Road, Old Harlow, CM17 0AP



NEW ON

**£184,995**  
**WILLOWFIELD, HARLOW**

- Two Bedrooms
- Chain Free
- Popular Location
- Ground Floor
- Storage Shed
- EPC Rating : D



NEW ON

**£262,500**  
**CARTERS MEAD, HARLOW**

- Two Bedrooms
- No Work Required
- Conservatory
- End Terrace Property
- Great Access For M11
- EPC Rating: D



NEW ON

**£279,995**  
**WATERHOUSE MOOR, HARLOW**

- Three Bedrooms
- Utility Room
- No Onward Chain
- End Of Terrace
- Drop Kerb In Place
- EPC Rating: D



NEW ON

**£279,999**  
**WEDGEWOOD DRIVE, CHURCH LANGLEY**

- Two Bedrooms
- Two Parking Spaces
- No Onward Chain
- End Terrace
- Separate Dining Room
- EPC Rating: D



NEW ON

**£295,000**  
**CARTERS MEAD, HARLOW**

- Two Bedrooms
- Modern Decor
- Off Street Parking
- Mid Terrace Property
- Conservatory
- EPC Rating: TBC



NEW PRICE

**£285,000**  
**EAST PARK, OLD HARLOW**

- Two Bedrooms
- No Work Required
- Views Over Woodland
- Mid Terrace Property
- Lounge/ Diner
- EPC Rating: D



NEW PRICE

**£330,000**  
**CHALLINOR, CHURCH LANGLEY**

- Three Bedroom
- End Terrace
- Downstairs Cloakroom
- Garage & Off Street Parking
- Conservatory
- EPC Rating: E



**£355,000**  
**SPARROWHAWK WAY, NEWHALL**

- Two Double Bedrooms
- Link Detached
- Sun Terrace
- Driveway
- En-Suite
- EPC Rating: C



**£395,000**  
**ALLENS GREEN, SAWBRIDGEWORTH**

- Two Bedrooms
- Open Plan
- Off Street Parking
- Mid Terrace
- Mains Services
- EPC Rating: D



**£400,000**  
**FLINT LANE, NEWHALL**

- Three Bedrooms
- Two Bathrooms
- Under Floor Heating
- Sun Terrace
- Parking
- EPC Rating: TBC



**£419,995**  
**HEATHCOTE GARDENS, CHURCH LANGLEY**

- Three/ Four Bedroom
- Garage Conversion
- South Facing Garden
- Detached Property
- Three Bathrooms
- EPC Rating: E



Victorian

**GUIDE PRICE: £435,000 - £455,000**  
**CHURCHGATE STREET, OLD HARLOW**

- Two/Three Bedrooms
- Large Kitchen/Diner
- Planning Granted
- Semi Detached
- Sought After Location
- EPC Rating: TBC



NEW ON

**£449,995**  
**PETAL LANE, NEWHALL**

- Three Bedrooms
- En- Suite Bathroom
- Landscaped Gardens
- Study/ Bedroom Four
- Fully Integrated Kitchen
- EPC Rating: C



NEW PRICE

**£449,995**  
**CANNONS LANE, HATFIELD BROAD OAK**

- Three Bedrooms
- Village Location
- Views Over Fields
- Detached Bungalow
- Two Receptions
- EPC Rating: TBC



BARN

**£650,000**  
**THE BARNS, OLD HARLOW**

- Three Bedrooms
- Two Bathrooms
- Semi Detached
- Walk To Station
- Courtyard Setting
- EPC Rating: E



NEW PRICE

**£1,150,000**  
**HOGGS FARM, MATCHING TYE**

- Four Bedrooms
- Two Receptions
- Detached
- Grade II Listed
- Chain Free
- EPC Rating: TBC

[sales@hbproperty.co.uk](mailto:sales@hbproperty.co.uk)

01279 418888

[info@hbproperty.co.uk](mailto:info@hbproperty.co.uk)





**£269,950 BISHOPS STORTFORD (Bells Hill).** All offers considered. Vacant possession. 3 bedroom cottage with a courtyard garden, separate lounge and dining room, first floor bathroom. Close to facilities. Rarely available character cottage. Stamp Duty free for first time buyers. Sole agents.



**£314,950 SAWBRIDGEWORTH (West Road).** Stunning character cottage close to town centre with many period features including exposed brickwork, fireplaces and original wooden flooring. Fitted kitchen, modern bathroom, 2 bedrooms, rear garden backing on to open fields, double glazing and gas fired heating. Vacant possession and no onward chain.



**£325,000 LITTLE CANFIELD (Warwick Road).** Immediate vacant possession and no onward chain. 3 bedroom semi-detached modern house with a fitted kitchen, downstairs w.c., lounge/diner, 3 bedrooms, en-suite and main bathroom, enclosed rear garden, single garage and parking. Must be viewed. Sole agents.



**£328,250 BISHOPS STORTFORD (Tanners Wharf).** Vacant possession and no onward chain. Ground floor 2 bedroom riverside apartment with its own private decked outside entertaining area, en-suite to master bedroom, further bathroom and a modern fully fitted kitchen. Fantastic views over the River Stort. Short walk to station. Excellent rental potential. Move in before Christmas.



**£395,000 BISHOPS STORTFORD (Cox's Gardens).** Modern 3 bedroom home with an open plan kitchen/dining room, impressive sitting room, downstairs cloakroom, main bathroom plus en-suite, single garage and parking. Beautifully presented. Sole agents.



**FROM £395,000 COMING SOON (Sawbridgeworth).** Small town centre development of 2 brand new semi-detached bungalows and two 2 bedroom detached houses. Finished to an extremely high standard in a unique small development, close to the town centre and walking distance of the station. Phone now for preliminary details. Completion due in March.



**£464,950 SAWBRIDGEWORTH (Springhall Road).** 4 bedroom home set in a prime position within the village, ideal for schooling and village centre. Impressive sitting room, balcony, modern kitchen/dining room with raised private terrace, utility, main bathroom plus ground floor shower room, parking for 2 cars, landscaped rear garden. Sole agents.



**GUIDE PRICE £500,000 HARLOW.** Fantastic detached 4 bedroom family home with a 65ft south facing rear garden, garage and parking, playroom/office, large living room opening through to dining room, en-suite bathroom. Well maintained. Owners found and keen to move. Sole agents.



**£538,950 BISHOPS STORTFORD (Chartwell Place).** READY TO MOVE IN TO 3 double bedroom, 2 bathroom luxury home in a gated development with a kitchen/dining room, utility, large sitting room, enclosed rear garden, driveway and carport. Walking distance from station and town centre. Vacant possession and no onward chain.



**£555,000 BISHOPS STORTFORD (Dove Close).** 4 bedroom detached home with an extensive driveway, parking, single garage and office. High quality kitchen/dining room, sitting room, family room, cloakroom, master bedroom with balcony and en-suite shower room, main family bathroom, 40ft garden. Sole agents.



**£695,000 SAWBRIDGEWORTH (Great Hyde Hall).** Georgian style 4 bedroom spacious family home with a double garage, front and rear gardens, 2 bath/shower rooms, 3 reception rooms, 40 acres of communal grounds. 10 mins walk to station. Superb views and a stunning location. Sole agents.



**£760,000 WRIGHTS GREEN.** Immaculate detached 4 bedroom family home with stunning views over National Trust land, large living room, dining room, study, playroom, utility, kitchen, en-suite shower/dressing room, extensive frontage with a sweeping gravel driveway. Sole agents.



**£875,000 HATFIELD HEATH.** Brand new 4 double bedroom detached house with a high quality contemporary finish, good size south facing garden, large double garage, magnificent kitchen/family room, sitting room, study, en-suite, luxury bathroom, further shower room, excellent parking, gated location. Sole agents.



**£1,275,000 GREAT DUNMOW (Ongar Road).** Fabulous barn conversion in excess of 5,000 sq ft. Stunning location, gated drive, detached independent 1 bedroom cottage, tennis court, pavilion, 2.8 acres, superb views. Offered with vacant possession. High specification. Sole agents.



**£1,695,000 SAWBRIDGEWORTH (Allens Green).** 4,000 sq ft country home sitting in 7 acres of beautiful grounds. Gated in and out entrance, detached double garage, plenty of outbuildings, stabling and views over countryside. Easy access to both Bishops Stortford and Sawbridgeworth. Sole agents.



**£695pcm SAWBRIDGEWORTH (Station Road).** One bedroom first floor apartment situated in a central location in the heart of Sawbridgeworth, just a short walk from all local amenities including mainline station. Bright living room, fitted kitchen with appliances, bathroom and bedroom with bed frame and fitted wardrobe. Available early February.



**£925pcm HATFIELD BROAD OAK (Cage End).** 2 bedroom mid-terrace unfurnished cottage in a popular village location, only a short walk from facilities and a short drive to station. Open plan living/dining area, kitchen with breakfast bar, two bedrooms and bathroom to the first floor. There is a garden to rear plus parking. Available immediately.



**£925pcm SAWBRIDGEWORTH (Lawrence Moorings).** A well presented, 2 bedroom, second floor apartment situated in a convenient location just a short walk from mainline station and other local amenities. Bright lounge with over the river, fitted kitchen with appliances, bathroom and two bedrooms. Allocated parking and communal gardens. Available January.



**£1095pcm BISHOPS STORTFORD (Cannons Close).** 2 bed semi detached bungalow situated in a quiet location. Presented to a high standard throughout, fitted bathroom and kitchen, 2 good size bedrooms and a bright lounge with doors overlooking the rear garden. Rear garden and driveway parking for one car as well as casual parking on the street. Available Now



**£1095pcm SAWBRIDGEWORTH (Bickerton Court).** 2 bedroom, 2 bathroom ground floor unfurnished apartment only a short walk from the mainline station. Entrance hall, bathroom, kitchen room with integrated appliances, sitting room, master bedroom with dressing area, en-suite shower room and balcony, further bedroom. Available late January.



**£1395pcm BISHOPS STORTFORD (East Road).** Immaculately presented, 3 bedroom home situated in an ideal location within short walking distance of all local amenities. Living room, stunning open plan kitchen and dining area, brand new bathroom and three bedrooms. Good size rear garden and permit parking on the road to the front. Available now



**£1395pcm SAWBRIDGEWORTH (The Crest).** 3 bedroom extremely well presented family home only a short walk from amenities. 3 bedrooms to first floor plus shower room, with a sitting room opening through to kitchen/diner to ground floor, garden to rear and casual parking to front. Unfurnished and available immediately.



**£1795pcm BARNSTON (Bishops Green).** 3 bedroom detached chalet bungalow set in just over three acres of private land which is maintained. Entrance hall, ground floor bedroom with bathroom, kitchen/breakfast room, utility, sitting room, dining area, study, with 2 bedrooms and shower room to the first floor. Ample parking, detached double garage.



**£2750pcm MATCHING GREEN (Downhill Road).** Detached 4 bedroom family home in a highly sought after location and only a short drive from facilities. Large kitchen with separate utility, opens onto sitting/dining room area with bi-folding doors, ground floor bedroom and 3 bedrooms and 3 bathrooms to the first floor, parking and detached double garage.



**£2750pcm SAWBRIDGEWORTH (The Drive).** We are delighted to be able to offer this six bedroom family home situated in a prestigious location and offering excellent accommodation. The property is only a short walk from the town centre and mainline station and comprises six bedrooms, garden to rear and off road parking to front. Available Now





## ...A Selection Of Homes From Our Extensive Portfolio...



### REGENCY COURT, HARLOW

- One Bedroom
- Lounge/Diner
- Communal Garden
- Chain Free
- Ground Floor
- Apartment
- Residents Parking
- EPC Rating: D

£149,995



### FELMONGERS, HARLOW

- Two Bedrooms
- First Floor
- Popular Location
- Balcony
- Large Apartment
- Lounge/Diner
- Chain Free
- EPC Rating: C

£184,995



### THE CHASE, HARLOW

- One Bedroom
- Decked Courtyard
- Open Plan
- Chain Free
- Apartment
- Ground Floor
- Allocated Parking
- EPC Rating: TBC

£192,500



NEW

### CANOPY LANE, HARLOW

- Two Bedrooms
- Allocated Parking
- Modern Fitted Kitchen
- Chain Free
- Second Floor Apartment
- Popular Location
- Intercom Entry System
- EPC Rating: C

£214,995



### ALEXANDRA ROAD, HARLOW

- Two Bedrooms
- Allocated Parking
- Open Plan Kitchen/Diner
- First Floor
- Apartment
- Popular Location
- Large Loft
- EPC Rating: TBC

£219,995



NEW

### BLACKBUSH SPRING, HARLOW

- Two Double Bedrooms
- Lounge/Diner
- Large Rear Garden
- Popular Location
- End Terrace
- Modern Fitted Kitchen
- Westerly Garden
- EPC Rating: TBC

£259,995



### FENNELLS, HARLOW

- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Chain Free
- Terraced House
- Popular Location
- Outskirts Of Town
- EPC Rating: D

£264,995



### GREEN HILLS, HARLOW

- Three Bedrooms
- Two Reception
- Popular Location
- CHAIN FREE
- Terraced Home
- Conservatory
- Enclosed Garden
- EPC Rating: D

£264,995



### LONG LEY, HARLOW

- Three Bedrooms
- Lounge/Diner
- Popular Location
- CHAIN FREE
- Terraced Home
- Modern Kitchen
- Private Garden
- EPC Rating: E

£264,995



### UPPER MEALINES, HARLOW

- Two Bedrooms
- Kitchen/Breakfast Room
- Ground Floor WC
- Chain Free
- End Of Terrace
- Extended Property
- Popular Location
- EPC Rating: D

£274,995



### SPRUCE HILL, HARLOW

- Three Bedrooms
- Well Presented
- Lounge/Diner
- Ground Floor WC
- Middle Terrace
- Popular Location
- Fitted Wardrobes
- EPC Rating: TBC

£279,995



### PEACOCKS, HARLOW

- Three Bedrooms
- Two Reception
- Modern Kitchen
- Allocated Parking
- End Of Terrace
- Popular Location
- Close To Amenities
- EPC Rating: D

£284,995



### MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Lounge/Diner
- Cloakroom/WC
- Garage To Rear
- Terraced Home
- Crudeace Build
- Southly Gardens
- EPC Rating: C

£294,995



NEW

### WATERHOUSE MOOR, HARLOW

- Three Bedrooms
- Lounge/Diner
- Conservatory
- Double Driveway
- Terraced House
- Popular Location
- Chain Free
- EPC Rating: D

£299,995



### WILLOWFIELD, HARLOW

- Three Bedrooms
- Conservatory
- Lounge/Diner
- Chain Free
- End Terrace Bungalow
- Southly Garden
- Popular Location
- EPC Rating: C

£299,995



### GLAN AVON MEWS, HARLOW

- Three Bedrooms
- Allocated Parking
- Modern Kitchen/Diner
- Well Presented
- End Terrace Home
- Quiet Cul-De-Sac
- Ground Floor WC
- EPC Rating: TBC

£304,995



### EAST PARK, OLD HARLOW

- Three Bedrooms
- Immaculate Throughout
- Large Conservatory
- Desirable Location
- Middle Terrace
- Low Maintenance Garden
- Overlooking Green
- EPC Rating: D

£330,000



### LATTON GREEN, HARLOW

- Three Bedrooms
- Driveway
- Two Reception
- Chain Free
- Semi Detached
- Popular Location
- Potential To Extend (STPP)
- EPC Rating: TBC

£339,995

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## ...A Selection Of Homes From Our Extensive Portfolio...



### PRIORY COURT, HARLOW

- Four Bedrooms
- Recently Redecorated
- Driveway
- Overlooking Latton Common
- Town House
- En-Suite To Master
- Private Close
- EPC Rating: TBC

£339,995



NEW

### RUNDELLS, HARLOW

- Four Bedrooms
- Garage & Driveway
- Extended
- Chain Free
- Semi Detached
- Desirable Location
- Three Reception
- EPC Rating: TBC

£349,995



### PYENEST ROAD, HARLOW

- Three bedrooms
- Driveway
- Un-Overlooked Garden
- Popular Location
- Semi Detached
- Two Reception Rooms
- Ground Floor WC
- EPC Rating: TBC

£369,995



### CHALLINOR, CHURCH LANGLEY

- Three Bedrooms
- Two Reception
- Cloakroom/WC
- Garage & Driveway
- Link Detached
- En-Suite Shower
- Popular Location
- EPC Rating: D

£374,995



### CHALLINOR, CHURCH LANGLEY

- Three Bedrooms
- Two Reception
- Private Rear Garden
- Garage & Drive
- Detached House
- Immaculate Home
- En-Suite & WC
- EPC Rating: D

£384,995



### CORNER MEADOW, HARLOW

- Three Bedrooms
- Garage & Driveway
- Private Development
- Chain Free
- Detached
- Well Presented
- Three/Four Reception
- EPC Rating: D

£399,995



### MOSS LANE, NEWHALL

- Three Double Bedrooms
- Kitchen/Breakfast Room
- Sun Terrace
- Driveway
- Link Detached
- Two Reception
- Ground Floor WC
- EPC Rating: B

£399,995



### MILLERSDALE, HARLOW

- Four Bedrooms
- Two Reception
- Kitchen/Bkfst Room
- Garage & Drive
- Detached Home
- Long Gardens
- Cul-De-Sac Location
- EPC Rating: D

£429,995



### ALBERT GARDENS, CHURCH LANGLEY

- Four Bedrooms
- Garage & Driveway
- Well Presented
- Chain Free
- Detached Home
- Two Reception Rooms
- Conservatory
- EPC Rating: TBC

£449,995



NEW

### CHELSEA GARDENS, CHURCH LANGLEY

- Five/Six Bedrooms
- Two Reception
- En-Suite Shower
- Garage & Drive
- Utility & W.C
- Riptide Swim Spa
- EPC Rating: TBC

£549,995



### CHELSEA GARDENS, HARLOW

- Five Bedrooms
- Two Reception Rooms
- Southerly Garden
- Tandem Garage & Driveway
- Detached Home
- Quiet Cul-De-Sac
- WC & Utility Room
- EPC Rating: TBC

£559,995



### RIPLEY VIEW, LOUGHTON

- Four Bedrooms
- Three Reception
- Kitchen/Breakfast Room
- Garage & Driveway
- Detached Home
- Generous Plot
- Development Potential (STP)
- EPC Rating: E

£1,150,000



SOLD STC

MORE NEEDED

### WOODLEYS, HARLOW

- One Bedroom
- Lounge/Diner
- Popular Location
- Chain Free
- Ground Floor
- Apartment
- Modern Kitchen
- EPC Rating: D

£154,995



SOLD STC

MORE NEEDED

### BOWHILL WAY, HARLOW

- One Bedroom
- Lounge/Diner
- Modern Kitchen
- Allocated Parking
- Ground Floor
- Apartment
- Close To Amenities
- EPC Rating: B

£209,995



SOLD STC

MORE NEEDED

### THE DOWNS, HARLOW

- Three Bedrooms
- Lounge/Diner
- Utility Room
- Chain Free
- Terraced Home
- Close To Town Centre
- Modern Kitchen
- EPC Rating: TBC

£274,995



SOLD STC

MORE NEEDED

### MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- CHAIN FREE
- Terraced House
- En-Suite Shower
- Parking To Rear
- EPC Rating: C

£284,995



SOLD STC

MORE NEEDED

### LITTLE CATTINS, HARLOW

- Four Bedrooms
- Lounge/diner
- Cloakroom/WC
- Modern Kitchen
- End Of Terrace
- Garage To Rear
- Allocated Parking
- EPC Rating: D

£300,000



SOLD STC

MORE NEEDED

### PRIORY AVENUE, OLD HARLOW

- Four/Five Double Bedrooms
- Three/Four Reception
- Carriage Driveway
- Three En-suites
- Detached Family Home
- Large Outbuilding
- Well Presented
- EPC Rating: D

£799,995

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Guardian are delighted to offer this one bedroom ground floor flat in Amberry Court, located at a short walk from the town center and train station. This property benefits from gas heating and is close to local amenities. Available end of January. EPC - D.

**£680 PCM**

Amberry Court



Guardian are delighted to offer this one bedroom flat in close proximity to Harlow town centre with its shops and amenities. The property is available early March and offered part furnished. EPC - C.

**£690 PCM**

The Hides



Guardian are delighted to offer this one bedroom top floor flat that has been recently refurbished, the property is offered part furnished and is available early February. An early viewing is advised to avoid disappointment. EPC - D.

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The Readings



Located in this popular area. One bedroom, unfurnished, ground floor flat in good decorative order. Property comprises fitted kitchen, lounge, bedroom, bathroom and allocated parking. Available early March. EPC - D.

**£725 PCM**

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**£750 PCM**

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Guardian are delighted to offer this spacious two bedroom flat that is in close proximity to the shops and amenities of staple Tye. The property is available now and offered part furnished. EPC - E.

**£825 PCM**

Shawbridge



Guardian are delighted to offer for rent this lovely two bedroom maisonette close to the Staple Tye. This first/top floor property is offered part furnished. Gas heating, double glazed windows, two large bedrooms and wooden floors. Available now. EPC C.

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**£885 PCM**

Priory Court



Guardian are delighted to offer this three bedroom maisonette with garden. The property is located in close proximity to shops and amenities and is available early February. An early internal viewing is advised. EPC - B.

**£925 PCM**

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Guardian are delighted to offer this two bedroom house in the popular location of church Langley The property is offered part furnished and available mid January, a viewing is advised. Available mid January. EPC - C.

**£950 PCM**

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Guardian are delighted to offer this three bedroom house located within walking distance to the shops and amenities of Staple Tye, an internal viewing is advised. The property is available early February. EPC - D.

**£1000 PCM**

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**£1195 PCM**

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**1200 PCM**

Elwood



Lovely three bedroom house within walking distance of Bush Fair. Comprising entrance hallway, large fitted kitchen with space for dining table, good sized lounge, three bedrooms and bathroom. Manageable rear garden. Available NOW! EPC - E.

**£1225 PCM**

Longfield



Guardian Residential Lettings are very pleased to offer this great three bedroom family home with garage in the popular turning of Doulton Close, Church Langley. Comprising entrance hallway, downstairs WC, fitted kitchen, lounge to rear, three bedrooms with ensuite to master and family bathroom. EPC - D.

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Doulton Close



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**£160,000**

Dadswood, Harlow



EPC: E  
Guardian are delighted to offer this first floor two bedroom maisonette in Northbrooks. The property has two good sized double bedrooms as well as being only a short walk away from the Town Centre and its' local amenities.

**£179,999**

Northbrooks, Harlow



EPC: D  
Guardian are delighted to present this one bedroom ground floor flat in the much sought after private area of Church Langley. Close to amenities.

**£179,999**

Aynsley Gardens, Church Langley



EPC: C  
O.I.E.O - Guardian Sales are delighted to offer you this one bedroom top floor flat in the area of Church Langley.

**£184,995**

Wedgewood Drive, Harlow



EPC: D  
Guardian are delighted to offer this immaculate 2nd floor flat in the popular private area of Bromley Close. The property is conveniently located and ready to move into.

**£219,999**

Bromley Close, Harlow



EPC: E  
No-Onward Chain - A fantastic opportunity for both first time buyers and investors. Guardian are excited to be offering this large 3 bedroom house in the area of Cannons Brook.

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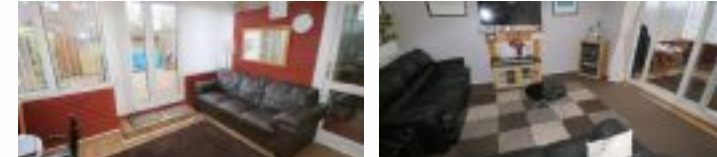
Cannons Brook, Harlow



EPC: C  
Ideally located for easy access to the M11 junction, two bedroom terraced property in the popular Potter Street area of Harlow. The property boasts two large double bedrooms, a modern fitted galley kitchen and large through lounge.

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Archers, Harlow



EPC: E  
Coming to the market with Guardian is this well maintained 4 bedroom town house located near to the town centre as well as shops and schools.

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Pittmans Field, Harlow



EPC: D  
Guardian are delighted to offer this rare opportunity to acquire this three bedroom detached family oriented property in the sought after, private area, of Albert Gardens, Church Langley.

**£340,000**

Albert Gardens, Church Langley



EPC: D  
Guardian are delighted to present an exciting opportunity to purchase this wonderful three bedroom semi-detached family home.

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Fir Park, Harlow

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# WHEELS

FIRST DRIVE: McLaren 720S by Mike Torpey



## MCLAREN'S GREAT HOPE

IT'S one of the most exalted creatures on the planet – lightning fast, super efficient and deadly.

Mere mention of the name Great White Shark can send a shiver up the spine as visions of a 2.5-ton torpedo-shaped killing machine enter the mind's eye.

And what better design model for the stylists at McLaren to use for its latest supercar than this menacing yet beautifully elegant master of the seas.

McLaren may be best known for its Formula 1 pedigree – 182 Grand Prix race wins and a dozen world championships – but in recent times it has also been a privately owned manufacturer of cars that include models valued well in excess of £1 million.

Now, just seven years after the inception of McLaren Automotive, the Woking-based brand is entering a new era as it replaces a model line for the first time, and with it raises the stakes in the supercar arena.

Its latest arrival, the McLaren 720S, is the new flagship of the company's

Super Series – the supercar family at the heart of the brand.

As reflected in its name, the newcomer delivers a volcanic 720bhp – capable of blasting the supercar to 62mph in just 2.9 seconds, to 124mph in 7.8 seconds and on to a top speed of 212mph.

Braking is equally impressive, the lightweight 720S coming to a halt from 124mph in just 4.6 seconds, in the space of 117 metres.

It all comes courtesy of a 4.0-litre twin-turbo V8 engine which has 41 per cent new parts compared to the 3.8-litre unit that continues to feature in the McLaren Sports Series.

A design feature in the new model is the absence of radiator intakes on the side of the car, a function now carried out by the "double-skin" aerodynamic form of the doors, which channel air to the radiators that cool the mid-mounted engine.

Every road car built by McLaren since the F1 in 1993 has had a carbon fibre chassis, something that underpins the construction of the new 720S.

And at the press driving

exercise came a promise from McLaren that, despite its thunderous degree of power, the car would prove it could be comfortably, efficiently and pretty effortlessly driven just like any more mainstream vehicle.

So the countryside of middle England rather than a high-speed racetrack became the testing ground for the 720S – and it proved a revelation.

Hopping in and out once those space age butterfly doors are opened can be challenging for anyone with

a bad back or dodgy hip, but once in place both driver and passenger will find the cockpit to be a cossetting and engaging place to reside.

The performance figures speak for themselves, though it's worth emphasising that throttle response has been calibrated to deliver the best blend of instant reaction and progressive control, hardwiring the driver to the powertrain in the process.

Its character can be altered using an Active Dynamics Panel located in the centre console, with a choice of Comfort, Sport or Track

modes, the latter ensuring ferociously quick gear changes while Comfort provides more relaxed shifts for gentler pottering.

And a new generation of McLaren's Proactive Chassis Control, new suspension and the power-assisted steering, combine to deliver the car's grip, balance and performance, while the hand-crafted cockpit with its fine leathers and machined aluminium features the new McLaren driver interface, which comprises a folding driver display and infotainment screen.

Prices are £208,600 for the standard 720S and

£218,020 for the 720S Performance and Luxury variants, though there are plenty of extras on the options list – our test model had the best part of £48,000 worth of added goodies ranging from twin-spoke forged lightweight wheels with titanium liquid metal finish for £3,080 to a nose-lifting function that helps with access to car parks.

On returning home my daughter asked me whether I would prefer to be given a supercar or a racehorse.

Interesting one that, and definitely a gamble in there somewhere. What's certain is that the right supercar is absolutely certain to appreciate in value.



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## WHEELS

ROAD TEST: Honda Civic 1.0 VTEC Turbo SR by Lee Gibson

## CIVIC REVOLUTION

## AT A GLANCE

- **Model:** Honda Civic 1.0 VTEC Turbo SR
- **Price:** £20,340
- **Mechanical:** 129ps, 988cc, 4cyl petrol engine driving front wheels via 6-speed manual gearbox
- **Max speed:** 126mph
- **0-62mph:** 10.9 seconds
- **Combined mpg:** 55.4
- **Insurance group:** 15
- **CO2 emissions:** 117g/km
- **BiK rating:** 20%
- **Warranty:** 3 years/90,000 miles



While many car makers prefer evolution rather than revolution when updating popular models, Honda's approach with its stalwart Civic has been quite the opposite in recent times.

When the eighth generation model was unveiled in 2005 its wedgy profile, geometric lines and triangular exhaust pipes polarised opinions somewhat.

Although some of the sharp edges were subsequently smoothed out for the next iteration, the Japanese brand was at it again when the tenth generation model hit the roads earlier this year.

Totally reworked from the ground up, the UK-built family hatchback got yet another bold, new style, this time dialling up the muscularity.

Wider, longer, and lower than any of its predecessors the latest Civic is the most aggressive and dynamic looking to date, as well as the most aerodynamic, with imposing decorative air

intakes front and rear; bulging wheel arches; and not one, but two rear spoilers.

Underpinning this sporty and distinctive design is a lighter, more rigid bodyshell and sophisticated new suspension which combine to make it a more enjoyable and engaging car to drive - and a more comfortable one to ride in.

Handling is sharp and nimble and the levels of grip inspire confidence, while the quick and direct steering is well weighted and responsive.

The low-slung seating position will also appeal to enthusiastic drivers, with the re-worked 'cockpit' laid out to put all major controls and the touchscreen interface within easy reach.

Power currently comes from a choice of 1.0 and 1.5-litre turbocharged petrol engines, the latter available exclusively with higher grade Sport and Prestige models. If you want a diesel you'll have to wait until March next year (2018) when a comprehensively revised 120ps 1.6-litre option will

join the range.

I drove the 1.0-litre version, which is a three-cylinder unit kicking out 129ps and proves a perky all-rounder, offering similar low-end pull to a diesel, decent economy at a claimed 55.4 miles per gallon and, although typically vocal under acceleration, is otherwise pleasantly refined.

The 1.5-litre version obviously offers better outright pace but the smaller unit never feels underpowered.

Some compromises have been made in practicality to accommodate the eye-catching new looks of the Civic.

The innovative 'Magic Seats' that featured in the rear of the previous car - which flipped up cinema-style to create a large load space - have gone and the swooping coupe-style roofline means that six-footers risk getting a cricked neck sitting in the back.

That said, though, this is still a very roomy and

versatile family hatchback. There is plenty of legroom in the rear, where the car's extra width also means that three adults can sit in much more comfort than is afforded by many rivals.

The boot, at 478 litres, is also one of the largest in class and features a generous hidden compartment under the floor.

Load capacity in the SR trim car I drove rises to 1,267 litres with the 60/40 rear seats folded down.

The innovative tonneau

cover is also a highlight, spooling from side to side instead of the usual front to rear, making it much more compact and easy to stow when not in use.

Interior quality befits Honda's efforts of late to move upmarket, with plenty of soft-touch surfaces and a well-made feel to everything as well as good personal storage space.

Equipment levels are also generous and it is particularly noteworthy that an enhanced suite of safety features - including automatic emergency braking, adaptive cruise control, and lane keep assist - is standard across the range.

Other standard kit on mid-level SR trim includes alloy wheels, dual-zone climate control, reversing camera, satnav, seven-inch touchscreen interface and digital radio.

The new muscular looks may not be to everyone's taste but the Civic has plenty to offer if you're looking for a well-equipped, spacious family hatchback that's good to drive.





# WHEELS

MOTORING NEWS: with Stewart Smith

## PASSAT'S UPGRADE

**V**olkswagen is upgrading equipment levels for the Passat range including LED lighting improvements, in-car entertainment and connectivity.

LED headlights are now standard on the SE Business, GT and Alltrack trims and the Passat R-Line now features Premium LED headlights.

Every new Passat now comes with Volkswagen's App-Connect system as standard. App-Connect enables the driver or a passenger to link a smartphone to the car via a USB cable.

This allows users to play music and playlists on the move. The car will also read

out text messages and allow the user to dictate a reply.

A wide variety of other apps are available including Spotify and Skype. App-Connect works with Apple CarPlay, Android Auto and MirrorLink which means it is compatible with most smartphones.

Also included in the latest models are heated front seats as standard.

SE Business models now feature 3-Zone climate control which means the driver and front passenger can set the temperature for their area of the car. There are separate controls for the rear passengers as well.

Another update for the Passat SE Business is the addition of a colour multi-function display. The multi-



function computer gives the driver a variety of information about the status of their Passat.

The current Passat won the prestigious European Car of the Year award when it was launched in 2015, and it continues to offer a high level of value for money.

The entry level Passat S 1.4 TSI saloon is now priced from £22,025 with the estate starting from £23,625.

Every model now includes Volkswagen's latest generation composition media infotainment system with an eight-inch colour touchscreen.

The Passat S features power-assisted steering, an electronic handbrake with hill-hold function, and a driver alert system to monitor driver fatigue.

SE Business trim adds satellite navigation via Volkswagen's Discover Navigation infotainment

system, with branded points of interest, three route options and preloaded European map data.

The cars also have adaptive cruise control, anti-collision systems, parking sensors and electrically adjustable and foldable door mirrors.

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## WHEELS

ROAD TEST: Aston Martin DB11 V12 Coupe by Robin Roberts

## DYNAMIC DB11

Aston Martin is on a roll and as part of its 'second century' plan it will be producing a new generation of SUV cars from an all-new factory at St Athan in South Wales.

In the meantime, the great British marque has recently recommissioned its famed Newport Pagnell facility for specialist projects and continues to make models at its new home in Gaydon, Warwickshire.

That's where the latest DB11 is made and it is the natural successor to the DB9 – the new figurehead for a series so many know and love, like the DB2/4, DB5 and the DB9 as well as the DB10 created for the James Bond film franchise.

The V12 engine in the DB11 is the most powerful regular production engine in an Aston Martin with advanced mechanical, software and fuel technology to stretch economy without detracting from the

performance and aural attributes of the powerhouse.

The figures really speak for themselves in acceleration 0 to 60 of 3.9 seconds, a top speed of 200mph and fuel consumption of 24mpg.

What is not seen in the raw statistics but felt through the driver's hands, feet and seat of pants is the way the DB11 steers, rides, handles, brakes, inspiring and impressing with every journey.

The new electronic brain in the V12 includes driver-chosen GT, Sport and Sport Plus modes to progressively sharpen responses from the engine and its highly sophisticated eight-speed ZF transmission which can be left to its own devices or manually massaged to bring out the best.

The cockpit is dominated by a 12-inch liquid crystal display for speedometer, tachometer and essential driver information and a centrally placed eight-inch infotainment screen for

navigation, the high quality sound system and wifi connectivity, together with cameras and sensors to aid parking.

Very wide opening doors give excellent front seat access but it's more of a fiddle to squeeze into the two bucket back-seats and the legroom behind is very short and contrasts with that in front.

Headroom is adequate in the front, less so behind, and there is poor oddments room throughout and a relatively small boot of just 270 litres for a grand tourer of such calibre.

Fortunately, the DB11 is quick enough to make longer journeys easily accomplished and you do so in superb comfort thanks to the new platform and suspension.

It is slightly firm but not at all hard, it soaks up bumps and ridges without complaint or loss of composure and when you are pressing on around some twisting tracks it sticks like



glue thanks to its very big wheels and tyres with little roll or pitching.

The handling is inspiring and safe, the electric steering pin sharp and progressive while the massive steel brakes result in dramatic deceleration.

It's a big car but with familiarity it actually feels smaller and that's down to its dynamic qualities and responses, its road-holding

and agility. A driver is unlikely to ever find its limits of adhesion.

The leather filled interior is impressive and individual areas can be finished from a lengthy list of choices, but I thought the "marbled" door casings in the test car looked out of place.

The ultra smooth exterior lines of the DB11 really flow from front to back, around both ends and over the roof

in a most satisfying style which captures airflow to improve stability and cooling at the same time.

Outwardly it engenders comments about its styling and inside it makes occupants comment on its luxury, but for the driver it simply makes your heart beat faster and makes you feel more at one with the world, and your DB11 or course.

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Model shown is MY18 RAV4 Hybrid Icon Tech 5 door FWD 2.5 VVT-i Auto £29,545. Price excludes metallic paint at £545. Prices correct at time of going to print. \*0% APR Representative only available on new retail orders of RAV4 Hybrid between 18th December 2017 and 2nd April 2018 and registered and financed through Toyota Financial Services by 30th June 2018 on a 24 month AccessToyota (PCP) plan with 0%-35% deposit. ^Payment shown is based on a 24 month AccessToyota contract with £9,283 customer deposit and Guaranteed Future Value/Optional Final Payment. Toyota Financial Services (UK) PLC; registered office Great Burgh, Burgh Heath, Epsom, Surrey, KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Offer may be varied or withdrawn at any time. 8,000 miles per annum, excess miles over contracted charged at 12p per mile. Toyota Centres are independent of Toyota Financial Services. Participating Toyota Centres. Affordable finance through AccessToyota. 5 year/100,000 mile manufacturer warranty. Terms and conditions apply.



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**2010 (60) Peugeot RCZ 1.6 Hdi,**  
white, alloy wheels, air con, remote locking, full heated electric leather seats, e/windows, e/ mirrors, cruise control, parking sensors, CD player, 9,000 miles only  
**Sale Price £10,995 - £65 per week**

**2011 (61) Nissan Qashqai N-Tec**  
grey, panoramic roof, reversing camera, sat nav, e/windows, e/mirrors, alloys, remote locking, 49,000 miles  
**Sale Price £9,995 - £62 per week**

**2013 (63) Hyundai ix35,**  
White, 1.6, air con, e/windows, e/mirrors, CD player, iPod, USB, Aux, alloys, remote locking, 41,000 miles  
**Sale Price £8,995 - £59 per week**

**2012 (12) Peugeot RCZ 1.6,**  
Grey, alloy wheels, air con, full leather heated seats, remote locking, cruise control, SAT NAV, parking sensors, e/windows, e/mirrors, 61,000 miles  
**Sale Price £8,495 - £53 per week**

**2015 (65) Fiat 500 Pop Star,**  
White, alloys, air con, CD player, e/windows, e/ mirrors, remote locking, only 8,000 miles,  
**Sale Price £7,495 - £47 per week**

**2011 (11) Nissan Juke Acenta Sport DCI,**  
Red, 5 dr, e/windows, e/mirrors, CD player, Bluetooth, cruise control, remote locking, power steering 59,000 miles  
**Sale Price £6,995 - £44 per week**

**2011 (11) Mini Cooper D,1.6, Diesel**  
Goodwood Green, e/windows, e/mirrors, cruise control, CD player, alloys, half leather, Diesel, air con  
**Sale Price £6,995 - £44 per week**

**2011 (11) Hyundai i30 CRDi Automatic 1.6,**  
blue, 10,000 miles, air con, e/windows, e/mirrors, air con, USB port, CD player  
**Sale Price £6,995 - £42 per week**

**2013 (63) Fiat 500 1.2,**  
White, alloy wheels, remote locking, panoramic roof, Bluetooth, e/windows, e/mirrors, one owner, 30,000 miles only,  
**Sale Price £5,995 - £38 per week**

**2011 (61) Renault Grand Scenic 1.5 Dci Automatic,**  
red, alloys, air con, remote locking, e/windows, e/ mirrors, 7 seater, cruise control, 29,000 miles only  
**Sale Price £6,395 - £41 per week**

**2014 (14) Hyundai i20,**  
5dr, red, air con, CD player, bluetooth, alloys, e/ mirrors, e/windows, 28,000 miles, FSH, one owner  
**Sale Price £5,995 - £38 per week**

**2010 (60) Renault Scenic 7 seat DCI,**  
Bronze, air con, e/mirrors, e/windows, 58,000 miles, 2 owners, CD player  
**Sale Price £5,995 - £38 per week**

**2011 (11) Ford Focus Titanium,**  
Silver, 1.6, air con, e/windows, e/mirrors, cruise control, CD player, Bluetooth, 43,000 miles  
**Sale Price £5,695 - £37 per week**

**2013 (63) Fiat 500 1.2,**

Black, alloys, air con, CD player, e/windows, e/ mirrors, remote locking, only 23,000 miles  
**Sale Price £5,995 - £38 per week**

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**2013 (13) Peugeot 208 1.2,**

Black, air con, remote locking, e/windows, e/ mirrors, cd player, £20 a year Tax, one owner,  
**Sale Price £5,495 - £35 per week**

**2007 (07) Nissan Qashqai Acenta DCI,**  
black, remote locking, cruise control, CD player, climate control, e/windows, e/mirrors, Bluetooth, 65,000 miles, one owner  
**Sale Price £5,495 - £35 per week**

**2010 (60) Citroen C3 Picasso Exclusive 1.6 HDI,**  
Silver, e/windows, e/mirrors, alloys, CD player, air con, 2 owners, FSH, only 28,000 miles  
**Sale Price £4,995 - £31 per week**

**2013 (63) Peugeot 107 1.0**  
red, alloy wheels, air con, remote locking, e/ windows, e/mirrors, £0 a year Tax, 12,000 miles only  
**Sale Price £5,495 - £35 per week**

**2010 (60) Citroen C3 Picasso 1.6 VTR + HDI,**  
Blue, alloys, air con, cruise control, parking sensors, remote locking, e/windows, e/mirrors, £30 a year Tax, 23,000 miles only  
**Sale Price £4,995 - £31 per week**

**2010 (10) Citroen DS3 1.4,**  
Blue, alloys, air con, CD player, e/windows, e/ mirrors, central locking, 40,000 miles  
**Sale Price £5,395 - £34 per week**

**2011 (61) Toyota Aygo 1.0,**  
silver, air con, central locking, e/windows, cd player, insurance, £0 a year Tax, cheapest car, cheaper than a new car, 10,000 miles only  
**Sale Price £4,495 - £28 per week**

**2012(12) Citroen C1 1.0**  
Silver, Air CON, Remote Locking, E/ Windows, CD Player, £20 a year Tax, 51,000 Miles  
**Sale Price £3,995 - £25 per week**

**2008 (58) Renault Megan Convertible, Diesel,**  
Grey, panoramic roof, e/windows, e/mirrors, alloys, cruise control, air con, full leather interior, 53,000 miles  
**Sale Price £3,995 - £23 per week**

**2009 (09) Citroen C3 Pluriel Convertible 1.4,**  
silver, remote locking, e/windows, e/mirrors, e/ hood, CD player, 28,000 miles only  
**Sale Price £3,695 - £24 per week**

**2007 (57) Volkswagen Eos 2.0 Diesel,**  
blue, alloy wheels, air con, heated leather seats, cruise control, remote locking, e/windows, e/ mirrors, electric power hood, 90,000 miles  
**Sale Price £3,695 - £24 per week**

**2010 (10) Hyundai i10 Style,**  
blue, 5 dr, air con, e/windows, e/mirrors, CD player, alloy wheels, heated seats, remote locking, 10,000 miles  
**Sale Price £3,695 - £24 per week**

**2008 (58) Ford Focus 1.6 TDCI,**  
Black, alloy wheels, air con, remote locking, e/windows, e/ mirrors, computer, remote locking  
**Sale Price £2,995 - £19 per week**

**2008 (08) Ford Focus 1.6 TDCI,**  
Silver, £30 per year Tax, e/windows, e/mirrors, alloys, remote locking, 120,000 miles  
**Sale Price £2,995 - £19 per week**

**2008 (08) Renault Clio 1.6,**  
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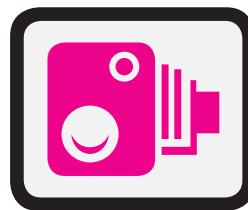
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 Must possess a full clean driving licence.

Please e-mail your CV to  
[admin@khmedical.co.uk](mailto:admin@khmedical.co.uk)  
 NO AGENCIES

## TREKKERS

Excellent full and part-time

### COACH DRIVERS

Required, Harlow  
 Must hold full, clean, PCV D licence + DCPC.  
 Enhanced DBS check required.  
 Must be able to communicate with people of all ages, be able to work on own and use own initiative and be able to navigate without sat nav.  
 We are a small team, who provide a professional, safe and reliable service to our customers - would you like to join us?

**Please ring Ann - 07778 211281**  
 or email CV to [trekkersann@aol.com](mailto:trekkersann@aol.com)



HTS (Property & Environment) Limited  
 - Proudly serving Harlow -

HTS (Property & Environment) Ltd launched as a new company providing housing repairs and maintenance and environmental services for Harlow Council from 1st February 2017.

We are pleased to announce we have job opportunities, serving the local community of Harlow which offer competitive salaries and excellent benefits.

**We are currently looking to recruit for the following positions:**

- **Electrician £26,505.26**
- **Gardener/Ride on Mower Operative/Watchperson £18,897.28**
- **Office Cleaner (30 hours per week) £13,650.00**

Should you be interested in the above role and would like a copy of the job description and personal specification please click on the link to the position or call Charlotte Askew on **01279446968**. Please submit an up-to-date CV with 2 sides of an A4 sheet explaining how you meet the points set out in the Person Specification to [hr.admin@htsgroupltd.co.uk](mailto:hr.admin@htsgroupltd.co.uk) or post to HR & Communications Coordinator, HTS (Property & Environment) Ltd, Mead Park Estate, Harlow Essex CM20 2SE  
**Closing date - 19th January 2018**  
**Interviews - 29th January 2018 - 2nd February 2018**



### PASSMORES ACADEMY

Tracyes Rd, Harlow, Essex, CM18 6JH  
 e-mail: [passmores@passmoresacademy.com](mailto:passmores@passmoresacademy.com)  
 Website: [www.passmoresacademy.com](http://www.passmoresacademy.com)

### DATA MANAGER REQUIRED

**37 hours per week / 52 weeks per year**  
**23 days annual leave**

Starting salary Band 5 Point 35 - £30,785.00 plus £585.00 Fringe allowance per annum

An exciting opportunity has arisen for an experienced Data Manager to join the Academy where you will be a pivotal figure in providing accurate data and up to the minute interpretation of pupil information. This includes effective management of all core data for the school which relates to pupils in SIMS. We are looking for a person who can make a significant contribution to the enhancement of Teaching and Learning.

For full details and to apply for this position, please visit [www.passmoresacademy.com](http://www.passmoresacademy.com)  
**Closing date: Thursday 18th January 2018**  
**Interviews: To be confirmed**

'Passmores is committed to safeguarding and promoting the welfare of young people. The successful applicant will be subject to an enhanced disclosure through the Disclosure Barring Service'

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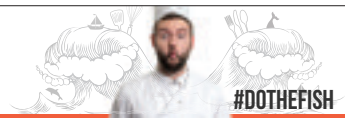
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## Bishop's Stortford College

Independent Co-educational Day and Boarding 4-18 years

### HEAD OF HIGHER EDUCATION AND CAREERS

#### Required for April

This is a demanding role in a flagship department which is both extremely well regarded and well-resourced. As part of this thriving and very busy school, the successful applicant will define, develop and deliver the HE and C programme to years 9-13 as well as managing 2 other members of the department.

An active engagement with the school community and outside organisations is critical. This role is also the central figure in managing the preparation of 6th form pupils for University applications (over 98% of leavers go to university) and advising on employment options.

Applicants must be educated to degree level or above with a working knowledge of CEIAG, HE and the UCAS application system as well as being highly organised, empathetic and have the ability to work under pressure. Strong IT and communication skills are essential.

The salary will reflect the importance and experience of the person appointed.

Closing date: **25th January 2018**

### GARDENER

#### Required for March

The College seeks to appoint a Gardener to join our existing team. Reporting to the Head of Gardens and Grounds the job holder will be responsible for the daily maintenance of the campus to ensure the estate is kept to a high standard. This is a hands-on role that requires a high level of gardening skill. The role is predominately outdoors and carried out in all weather conditions. A driving licence is essential. The working hours will be an average of 40 hours per week working Monday to Friday plus Saturdays mornings during term time.

Closing date: **26th January 2018**

For an application form and further details, please visit [www.bishopsstortfordcollege.org](http://www.bishopsstortfordcollege.org) or contact

Angela Wright on 01279 838578 or [hr@bishopsstortfordcollege.org](mailto:hr@bishopsstortfordcollege.org)



Building Confidence for Life

Bishop's Stortford College and the Crest are registered trademarks of The Incorporated Bishop's Stortford College Association.

We are an equal opportunities employer and are committed to safeguarding and promoting the welfare of children; references will be taken prior to interview and an enhanced DBS check is required.

### Hertfordshire Pension Fund Board are looking for MEMBER REPRESENTATIVES

Member Representatives must either be active, deferred or pensioner members of the Fund's Local Government Pension Scheme (LGPS).

Make recommendations on how your scheme operates to maximise the potential of your current and future pension benefits.

Applications welcomed from **8TH JANUARY - 11TH FEBRUARY 2018**

To apply, please visit:  
<https://www.yourpension.org.uk/Hertfordshire/Fund-information/Board-Application-Pack.aspx>

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### St Clare Hospice COMMUNITY FUNDRAISER

**SALARY: £22,000 PA FTE (FULL TIME 37.5 HOURS PER WEEK)**

We are looking to recruit a Community Fundraiser to build relationships, support local community groups, schools and individuals to develop engaging fundraising activities to generate income. This is a great opportunity for an enthusiastic target driven individual with excellent communications skills to join our Income Generation team.

For full information, job description, person specification & application form, please visit: [www.stclarehospice.org.uk](http://www.stclarehospice.org.uk)  
Registered Charity No. 1063631.

Closing Date for Application: **Sunday 21st January 2018**  
Interview Date: **Monday 5th February 2018**  
No agencies please.

### WHY NOT Self-serve it



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### ESTATE AGENCY SALES SUPPORT

Full time & part time bright & enthusiastic people required to help and support our sales team in one of our busy local offices. Role will include viewings, telephone work, canvassing & general office administration. Experience is not essential as full training will be given.

The successful candidate will have a good telephone manner, a full driving licence, be able to work under their own initiative and have a great team ethic.



Please email your CV to [kelly.greenwood@kings-group.net](mailto:kelly.greenwood@kings-group.net) for an immediate interview.

### ASSEMBLY WORKER

Immediate full-time position (39.5 hours per week over 4.5 days) available in our Light Assembly Department to replace a lady who has moved away. Experience of assembly work and soldering skills an advantage although training will be provided.

**SALARY £7.87 PER HOUR**

Please apply to: Colin or Paul Beartland at:  
Coles Electroacoustics Ltd,  
Pindar Road, Hoddesdon, Herts EN11 0BZ  
[colin@coles-electroacoustics.com](mailto:colin@coles-electroacoustics.com)  
or telephone **01992 466685**.

### ITS DIGITAL

### NETWORK AND SERVER ADMINISTRATION

Junior and senior positions available at our Hertford office. These roles should appeal to the IT enthusiast willing to think outside of the box. Experience in Server builds, corporate networking, server backups and project deployment will be key in either role. The senior position will expand on this, covering Windows AD creation and repair in addition to Forests and DFS. All servers are within Windows environments. Other useful experience includes hardware assembly, wireless deployment and configuration of applications associated with NHS/public sector organisations.

Training and support is provided to all employees. For more information and to apply for a position, please go to [www.itsdigital.co.uk/jobs](http://www.itsdigital.co.uk/jobs)

### Transport Planner

Required to plan outbound groupage loads and customer collections in our busy transport office. This requires good geographical knowledge of the UK, a strong work ethic and experience in general haulage & pallet network operations.

### Forklift Driver

Counter balance licence required, various working hours options, reliability & attention to detail imperative. Come and join our award winning team

**Matthews Haulage Limited**

Mead Lane, Hertford, Herts SG13 7AX  
01992553737  
[sales@matthewshaulage.co.uk](mailto:sales@matthewshaulage.co.uk)



~Haulage Excellence~



**HARLOW**

### FULL TIME, JUNIOR LEGAL ASSISTANT

Administering policies, liaising with solicitors, Prev. solicitor's practice experience vital.

Salary **£20,000 - £24,000**

[www.boxlegal.co.uk](http://www.boxlegal.co.uk)

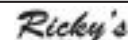
Email CV to [Kirsten@boxlegal.co.uk](mailto:Kirsten@boxlegal.co.uk)



**WE REQUIRE HGV DRIVERS AND DRIVERS MATES TO OPERATE OUR VEHICLES.**

The roles are day shift with early starts, but flexibility is required to support our client's needs which will require some nights out. Excellent rates of pay are available for the right people.

Email [recruitment@shredstation.co.uk](mailto:recruitment@shredstation.co.uk) or call **01603 721123** if you are interested in finding out more or applying for the roles.



### FT Garage Receptionist

In Harlow/Pinnacles area.  
Immediate start. Must be computer literate.  
Experience preferred.  
Competitive Salary.

4 weeks holiday and workplace pension.  
Interest in the automotive industry would be advantageous.  
Call Ricky 01279 444443 • Email: [ricky@rickysmot.co.uk](mailto:ricky@rickysmot.co.uk)

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**OFFICE ADMINISTRATOR.** Full time. Action Handling Equipment. Sawbridgeworth. Salary negotiable. General office tasks. Excellent customer service skills and computer literacy essential. Social media skills an advantage. 01279 724989

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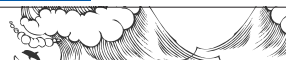
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**Motors** From  
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**Pets** From  
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**Free** **ONLINE**  
**PICTURES**

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essexlive.news/bookonline

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**Call: 01462 504155**

Monday - Friday: 8.30am - 5.30pm (Any item from just **£10** over the phone)

**TEXT YOUR AD**

**Text 82070**

Start your text with **HARLO** followed by a space.  
Advert to comprise of no more than 20 words.

£1.50, plus your network charge, all advertisements are subject to approval.  
Private bookings only, under the value of £100.

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**Call: 01992 526666**

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Monday - Friday: 9am - 5pm



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## Items Wanted

**24/7 Advertising for private and trade**

### WANTED

#### brians music world

Any vinyl Records collections Lps singles 78s eps, hifi systems/ separates/old record players mostly anything to do with music. We will come to you have a look and pay cash viewing cost nothing. All our calls have been successful, because we take anything and give good prices, just call speak to sue or myself SUE 079430569177 BRIAN 07806526111 Tel: 01245 690062 or 07806 526111

#### FOOTBALL PROGRAMMES WANTED

Local collector seeks especially pre-1970 items, Finals, European, England, Spurs, Arsenal, West Ham, Chelsea etc and Whole Collections.

01245 358660

### WANTED

#### furniture

furniture wanted we collect and pay cash for your unwanted furniture anything considered from one item to whole house friendly service call Bob

Tel: 07725 040930

### WANTED

#### RACING CYCLES/ FRAMES

1920s to 1990s Any condition.

Tel: 01642 555168 or 07909972470

## Family

**24/7 Advertising for private and trade**

### Baby & Children

**BOYS SKI** trousers / jacket PROTEST limegreen ski trousers 176cm, slightly worn at bottom and mixed colours ski jacket 164cm. Excellent condition. £25.00 each or both £45. B/wd £45 Tel: 07952 464099

**BABY BOY** Clothes 3-6 months. Three bags of assorted clothes. Approx. 10 baby grows, quilted Junior J winter suit, knitted jackets, jeans, jumpers, hats etc. £10.00 Tel: 07909 531909

**BABY - Hooded Bath Towel** White with yellow trim and fish design to hood. Very good condition. Comes from smoke free/peet free home. Collection Great Baddow £3.00 Tel: 07909 531909

**BABY - Crib accessories** Loved So Much, Mothercare bear design range. Crib bumper and four fitted sheets. Neutral colour (brown, beige and cream). Collection Great Baddow. £7.00 Tel: 07909 531909

**BABY CARRIER** Baby Bjorn Miracle baby carrier. Black with grey trim. Excellent condition, used but in box with instructions. Comes from smoke/peet free home. £3.00 Tel: 07909 531909

**BABY - Cot Bedding** Loved So Much, Mothercare bear design range. Neutral Colour. Cot Bumper, quilt, fleece blanket/fitted sheets x4 flat sheet 0-3 month grow bag, etc. £40.00 Tel: 07909 531909

**BABY BOUNCER** Chair Loved So Much, Mothercare bear design range. Neutral colour (brown, beige, cream). Very good condition. Comes from smoke free/peet free home. £20.00 Tel: 07909 531909

**BABY CARRIER** Cover to be used with Baby Bjorn carrier. Black with grey trim. Excellent condition, used but in box with instructions. Collection Great Baddow. £15.00 Tel: 07909 531909

**BABY BOY** Bibs Funky Giraffe Dribble Bibs. Approx. 20. Assorted colours/designs. Good condition. Comes from smoke free/peet free home. Great Baddow £10.00 Tel: 07909 531909

**BABY BOY** Clothes 0-3 months. Three bags of assorted clothes. Approx. 8 short vest baby grows, 15 baby grows (mainly Next, Junior J), trousers, tops, jumpers etc. £10.00 Tel: 07909 531909

**BABY HOODED** Bath Towel The Little White Company, white hooded towel with ears. Very good condition. Comes from smoke free/peet free home. Collection Great Baddow £5.00 Tel: 07909 531909

**BABY BATH** White baby bath, used good condition. Comes from a smoke free/peet free home. Collection from Great Baddow. £5.00 Tel: 07909 531909

**BABY CARRIER** Sunshade Mamas and Pappas. Boxed, excellent condition. Comes from smoke free/peet free home. Collection Great Baddow £10.00 Tel: 07909 531909

**BABY - Angelcare** Bath Support Blue, used in very good condition. Comes from a smoke free/peet free home. Collection from Great Baddow. £10.00 Tel: 07909 531909

**BABY BJORN** Bib for carrier. Black, Excellent condition. Comes from smoke free/peet free home. Collection Great Baddow £5.00 Tel: 07909 531909

**BABY CLOTHES** 0-3 months, neutral colours, approx. 20 short vests, 12 baby grows, quilted suit, jacket, 2x swaddlers, scratch mittens. Very good condition. £10.00 Tel: 07909 531909

### Baby & Children

**MARKS & SPENCER** boys black leather jacket size 7 - 8 years. Great quality and worn once so excellent condition. (Chelmsford Area) £8 Tel: 01245 469544

**BOYS XL HOLLISTER** T shirt Never worn. Wide navy and blue stripes. Red bird symbol. £7 Tel: 07952 464099

**CHRISTMAS PRESENT** GIRLS COAT 80cms STYLISH GREY BRAND NEW WITH THE TAGS STILL ON IT. WASHABLE 50% WOOL 45% POLYESTER 5% OTHER FIBRES. WARM QUILTED LINING. DOUBLE BREASTED, WITH SIX BUTTONS. DOWN THE FRONT. £5.00 01992 581564

**'NEXT' CHILD'S** RED QUILTED FASHIONABLE JACKET, SIZE 2-3 YEARS, ZIPPED FRONT CLOSURE, 4 PRESS-STUDS, TWO POCKETS. HOOD, FULLY WASHABLE IN EXCELLENT CONDITION, AS NEW. A SNUG WARM SOFT 100% POLYESTER LINING. £5.00 01992 581564

### Baby & Nursery Equipment

**LYPSKI FEEDING CHAIRS** X 2 Identical chairs in blue, yellow, green. Suitable from 6 months. Both in very good condition. Price £10 each or the pair for £15 Tel: 01277 652018

**HIGHCHAIR** Baby highchair excellent condition. £8.00 Tel: 01268 544332

**VINTAGE Baby/Childs Cot** Strongly constructed in wood, with bow shaped ends, a sprung base, one drop side for ease of use, in full working order. From a clean, pet and smoke free home. Originally painted in primrose yellow, in lead free paint, with animal decals. £10.00 01992 581564

### Prams & Pushchairs

**CHILDS BUGGY** Fold up with rain cover (black and red) £15 Tel: 07981 527528

**MACLAREN** buggy MacLaren double buggy black in very good condition £40.00 01920 822009

### Luggage

**MARKS & Spencer** LEATHER barrel bag black with detach strap. BARELY used RRP £75 this is classic & beautiful. Pics avail. Versatile. Bargain £25 Tel: 07748 934743 or 01277 363696

**M&S BLACK LEATHER** Mulberry like flap over LEATHER bag. Adj strap, car bag, as new Bought for £75 3 months ago. Bargain classic, pics avail £35.00 Tel: 01277 363696 or 07748934743

**LEATHER CASES** 2 available both small size. Both leather one with side pocket. Excellent cond. £35 each. £35 Tel: 01245 440306 or 07788 190709

**DUNLOP** Case trolley type suitable as cabin luggage, black with red trim, only used once or twice, vgc £12 Tel: 01245 259723

### Bicycles & Accessories

**BOYS' BICYCLE** Lovely red boys' bicycle. 18" wheels. Suit age 5-8 yrs. Excellent condition. Cost £80. Originally from Cycle King. £25.00 Tel: 01245 265517

### Bicycles & Accessories

**BOYS GIRL BIKE** 24" WHEEL BIKES BLUE AND WHITE BIKES MOUNTAIN BIKE £25.00 Tel: 07955 734642

**BOYS BIKE** 24" WHEEL RED PROFESSIONAL CHAIN REACTION MOUNTAIN BIKE £25.00 Tel: 07955 734642

**GIRLS BIKE** 24" WHEEL PURPLE MOUNTAIN BIKES £25.00 Tel: 07955 734642

**GIRLS BIKE** 24" WHEEL PINK MOUNTAIN BIKE £25.00 Tel: 07955 734642

**STABILISERS PAIR** in good condition £10.00 Tel: 01702 231002

**GIRLS** Bicycle Raleigh Camaro girls bicycle, suitable for 8 years old and up, 12 speed index gears, v brakes, mudguards, new tyres, 26inch wheel, 20inch frame. Used but in good working order. Letchworth address. £40 01462 671188

### Books, Comics & Magazines

**AUTOCOURSE** F1 year book Motor racing F1 year book Autocourse 2005/6. A massive book for the F1 follower in superb condition with Vc very collectable. Priced to sell £6 Tel: 01277 500568

**RAILWAY MODELLER** MAGAZINES FROM 1999 TO 2015/50 pence each, will sell 10 magazines for the £4 or make me an offer for the lot!! £1 Tel: 01702 231002

### Clothes for Her

**NEW LOUIS** Vuitton "THAMES" handbag - quilted monogram (LV) with leather trim, unused Xmas present, absolutely gorgeous, brass zips and studs, pics avail by email. Bargain £450. £80 Tel: 01277 363696 or 07748934743

**BURBERRY** AUTHENTIC Bucket drawing bag in beige check. Classic, preloved, Bargain. Lovely set. Pics avail by email. Collect for Spring. £85.00 Tel: 01277 363696 or 07748934743

**CHANEL** MINI cocktail bag Small, pics avail by email. Black with CC in gold to front, chain strap - never used present Dab. First to see will buy. Bargain. £30.00 Tel: 01277 363696 or 07748934743

**ITALIAN PURE WOOL** SUIT by Mario Barutti, dark blue, double breasted, 44" chest, trousers 38" waist/33" length only worn once, excellent condition £90.00 Tel: 01277 652018

**JACKET** GEORGE Collection Size 8, Linen, Khaki, Tie fastening. Length from shoulder 21ins. New unworn cost £28, has tags still attached £12 Tel: 01621 854820 or 07756 047022

**LOUIS VUITTON** preloved "Tivoli" in fab condition, no prov here price. Leather handles and trim, pics avail by email. Gorgeous grab bag RRP £80.00 used £38.00 Tel: 01277 363696 or 07748934743

**LOUIS VUITTON** "BOETIE" Cowhide leather handles and trim. Pics avail by email. Monogram LV canvas, fabulous, 1st to see will buy RRP £149.00 preloved £99.00 Tel: 01277 363696 or 07748934743

**MENS LEATHER** coats size XL Black jacket very good condition £15.00, tan jacket excellent condition £20.00, dark brown padded 3/4 length coat never worn £35.00 01745 327574

**ORIGINAL GUCCI** loafers (ladies size 37-4). Leather, choc brown with new soles (Gucci) still showing - FAB! LOUIS. Bargain, pics avail £39 Tel: 01277 363696 or 07748934743

**PAUL SMITH** paul smith art deco black leather wallet with a painted semi circle on the inside of a telephone on the interior. Boxed with a dust bag unwanted present £35.00.00 Tel: 01277 363696 or 07748 503013

### Self-serve it

and save time

### Clothes for Her

**SUPERDRY WINDBOMBER** Jacket Medium youth size (approx. 38" chest). Navy. Fur lined. All zips/tags working. Rarely worn. Excellent condition. £40 Tel: 01621 893321 or 07887842073

**TOM HILFINGER** black leather quilted handbag. Pics avail. Classic chain strap like Chanel, good cond. Ideal for xmas. Bargain, preloved £30.00 Tel: 01277 363696 or 07748934743

**YOUTHS JACKET** Superdry Professional Windbomber. Medium (approx. 38" chest). Navy. Fur lined. All zips/tags working. Rarely worn. Excellent condition. £40 Tel: 01621 893321 or 07887842073

**BLAZER** GEOGIO Armani powder green blazer brass buttons 42 chest very smart worn only a few times - £50.00 Tel: 01277 363696 or 07748 503013

**COAT** MENS (M&S) formal dark grey/black, double breasted, wool/cashmere coat, never worn, size 37inch chest. £65 Tel: 07736 165651

**DEBENHAMS** LEATHER and suede Leg sleeves with back zip. Convert any Chelsea boot to Long Boot - fabulous black. BARGAIN. £28 Tel: 01277 363696 or 07748 934743

**GOLDIX** QUALITY jacket brown with thick faux fur lining, collar and cuffs. Extremely warm and in vgc Size 10/12. Purchased £100.00 Tel: 01277 363696 or 07748 503013

**LADIES DRESSES** 4 ladies dresses all size 10 two from next two from lps of london all in perfect condition two unworn with original labels £20.00 Tel: 01245 259723

**LADIES DRESSES** 3 ladies dresses one ASOQ one RED HERFING one DEBUT two are size 12 one is size 10 all are in perfect condition. £15.00 Tel: 01245 259723

**LOUIS VUITTON** Authentic Bags for sale. Various, guaranteed, photos avail. Bought in London with certificate from £100.00 Tel: 01277 363696 or 07748 934743

**MENS FATFACE** navy T shirt Brand new (label attached) Size medium. Main colour navy, slight line pattern, subtle palm tree image. £5.00 £5 Tel: 07952 464099

**NEXT SHORTS** Next Mens 'skinny' jeans shorts 30" (76cm) length for one week on holiday (2 pairs) as new (button flies) £7.50 each or 2 pairs for £12 Tel: 01276 165651

**RALPH LAUREN** Ladies' Golf water-proof jacket. Black and white with hood and zipped front. Size L. Good local condition. £5 Tel: 01245 265517

**SNAKE** BANGLE - fabulous New, boxed, gold tone designer. Chunky - beautiful, unused present - pics avail by email. Bargain £75.00 Tel: 01277 363696 or 97748934743

**ADIDAS** SPORTS Jacket/Coat Small Men/Boys (age 15) quilted, black - excellent condition £10 Tel: 07736 165651

**DUNLOP** STEEL TOE Safety footwear, Black. Size 6, in excellent condition, worn once £12.00 Tel: 01702 231002

**FUCHS** CHECKED shirt Brand new blue and white checked FUCHS shirt. Size medium. £8 £8 Tel: 07952 464099

**JEANS** BLACK Primark Mens Skinny black jeans W30 L30 (were £10 now £1) - still with tags on) £5 Tel: 07736 165651

**CAMEL** COAT Next Maxi Overcoat. 80% wool. Navy blue. Size 12. Good condition. £20 Tel: 01621 893321

**LADIES** COAT ladies camel coat from next size 10 in very good condition. £20.00 Tel: 01245 259723

**MENS SHEEPSKIN** coat sheepskin coat size L hardly worn £40.00 Tel: 01245 443149

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## Clothes for Her

**STEEL CAPPED** Safety Shoes, black, size 6 in excellent condition £12 ono Tel: 01702 231002

**WOMANS TOPS** 4 ladies tops all in perfect condition £15.00 Tel: 01245 259723

**GENTLEMANS SUED** WASTCOAT BEAUTIFULLY MADE BY 'OTSAR' EXCELLENT QUALITY, SIZE M/L IN RICH BURGUNDY COLOUR, LINED ON THE FRONT WITH FINE COTTON, BACK LINED WITH BURGUNDY SATIN. TWO POCKETS & FIVE BUTTONS DOWN THE FRONT. £15.00 ovno 01992 581564

**LADIES** Skirt, Riddella pleated skirt, size 18, striped heather mix, 60% wool 40% acrylic, unlined, 35 inch waist, 27 inch long. Letchworth address. £15 01462 671188

**MENS** suit Next mens complete suit. Jacket large and trousers medium and gloves . Dark green/khaki. Good condition £40.00 07736 066434

**MENS** suit mens complete suit from Next. Jacket trousers and gloves. size large. good condition. £40.00 07736 066434

## Clothing Accessories

**VANS TRAINERS** size 40 and 42 Brand new (label attached) grey / black VANS trainers size 40, £25.00 Navy suede trainers size 42, hardly worn £20.00, £40 both. £25 Tel: 07952 464099

**BOOK via MOBILE**

## Fashion

**LADIES** BEAUTIFUL EASTX WINTER COAT SIZE 16, CLASSIC STYLE, 6 BUTTONS ON THE FRONT, BACK VENT, TWO POCKETS, STUNNING, RUBY RED COLOUR, 100% PURE NEW WOOL, EXCELLENT QUALITY & CONDITION AS NEW, LINED IN RED POLYESTER. £35.00 01992 581564

**CURLERS** Remington professional soft curls tongs. Double protect on with ceramic and Teflon, variable heat options with a heat protection bag. £12 07448661291 Letchworth £12

## Footwear

**LADIES SHOES** a pair of office ladies drivers size 4 colour taupe unused and in original box. £35.00 ono Tel: 01245 259723

**LADIES SNOW** boots pair of ladies snow boots in black with fur lining. £20.00 ono Tel: 01245 259723

**MENS** Shoes Clarks Superlight mens shoes, Stroulight style, Caffe Nubuck 70, unisex, Letchworth address. £20 01462 671188

**SAFETY** Boots Black Safety Boot to EN 345, ARCO size 9, steel toecaps, unused. Letchworth address. £10 01462 671188

## Maternity

**BAG** Of Maternity Clothes Sizes XS, S, 6, 8 & 10. Approx 20 items, including pair of jeans, leggings, tops, 3 dresses, nightwear, nursing tops, etc. Great Baddow. £40.00 Tel: 07909 531909

## Massage &amp; Therapy

**QUALIFIED THERAPIST THERAPEUTIC MASSAGE** for relaxation and stress relief Tel: 07940820725

## Massage &amp; Therapy

**RELAXING FULL BODY MASSAGE.** Any details please Call Laura 07597 514536

## Pet Grooming

**MUTZ KUTZ DOG GROOMING** Qualified / Insured. Former Veterinary Nurse, Collection / Delivery. 07706 253886, 01279 426729

**Self-serve** your advert and get a **FREE** online picture!

## Equestrian

24/7 Advertising for private and trade

## Horse Feeds

**Eastwick ANIMAL FEEDS**  
T: 01279 442388  
F: 01279 419845  
www.eastwicklodge.co.uk

## Horses, Ponies &amp; Riding

## Horses, Ponies &amp; Riding

**HORSE RUG** OUTDOOR HEAVY-WEIGHT Storm Buster 450g with neck, Navy/Green, 6'0", used only 6 weeks, cleaned and reproofed at In-geststone Saddlery, as new, absolute bargain. £70.00 ono Tel: 07581 455232 or 01245 237049

**MANAGE /DRESSAGE** letters for use in the mane. Made in strong plastic 36 x 40 cm 8 green letters on yellow background £40 Tel: 01245 440306 or 07788 190709

**RIDING BOOTS** pair of ladies ankle length riding boots size 4 in very good condition. £15.00 ovno Tel: 01245 259723

**RIDING BOOTS** pair of ladies black riding boots size 4 regular fit in perfect condition £30.00 ono Tel: 01245 259723

## STABLES TO RENT

4 stables with 4 acres

In Hertford

Please call for further info

07788 501710

## Home

24/7 Advertising for private and trade

## Aerials &amp; Digital Receivers

## AERIALS SATELLITES

★ Installation & repairs  
★ Foreign Sat. TV mounting.  
★ Sky, Freeview, Freesat  
★ Over 15yrs experience  
★ NO VAT  
★ No call out charge  
★ Free estimates  
**01279 730343**  
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www.visual-solutions.org.uk

## Audio Equipment

**PURE EVOKE-2** RADIO Digital FM Twin speakers Great overall condition & in excellent working order. Can be run on batteries, comes with original mains charger. £25 Tel: 01245 603872

**MINI STACK** cd player Mini stack hifi CD player for 5 CDs plus small speakers £25 ono Tel: 01279 421508

## Bathrooms &amp; Accessories

**BATHROOM/CLOAKROOM SUITES.** Retro style. Two matching suites each including a toilet, pedestal basin and pedestal with floral design. Excellent condition. £150 for pair or each £90 £90 Tel: 01621 893321 or 07867842073

## Articles Wanted

**LOW NOISE** Block Down Converter (LNB), 4 outputs suit 2 Sky Plus boxes or similar, brand new still boxed £10 ono Tel: 01702 231002

## RECORDS WANTED

**Cash Paid For LP/EP And Single Records** In Good Condition. (No 78's) 07906224080 01371876968

## RECORDS WANTED

50's, 60's, 70's ROCK, PUNK, REGGAE, INDIE LP's, EP's AND 45's 01279 813400 077881 453435

## Wedding Directory

24/7 Advertising for private and trade

## Wedding Wear &amp; Bridal Wear

**REMINGTON HEATED ROLLERS** Set of fast heat 20 rollers, only used a few times, has a crack on the corner of the plastic lid. £15 Tel: 01621 854820 or 07756 047022

## Christmas Directory

24/7 Advertising for private and trade

## Christmas Gifts &amp; Gadgets

Self-serve it SECURELY



**WOODEN TOY KITCHEN**

Toy wooden kitchen - Good condition. Comes with Fridge/Oven/Microwave/ Sink/Hob/Telephone. £50

Tel: 01277 231224

## Pets

24/7 Advertising for private and trade

## Cats

## BRITISH SHORT-HAIRED KITTENS

Will be flead and wormed, ready to go end of January.

£250

Tel: 01245 443142

**Self-serve** and save time

## Dogs

## FRENCH BULLDOG PUPPIES



Mum can be seen. Two blue fawn dog pups and one fawn bitch pup. Vet checked, advocate and microchipped.

£975

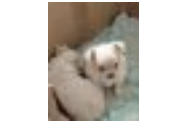
Old Welwyn 01438 811675

## Self-serve it FOR FREE

**24/7** BuySell marketPLACE

## Dogs

**PEDIGREE CHIHUAHUA LONGHAIR PUPPIES**



K/C reg vaccinated, wormed, home reared, microchip ed, ready for new loving home. phone for full details

saffron walden 07908 163752 or 01799 585974

## Pet Grooming

## HOME COMFORTS

Dog Grooming Salon based in Sawbridgeworth. Also Mobile.

Call Samantha 01279 601010, 07768 078126

## Beds, Bedding, Bedrooms

## 3 IN 1 BED



With Mattress  
Hardly Used  
From Marks and Spencers  
Excellent Condition

£80

01992 625999

## Beds, Bedding, Bedrooms

**SINGLE** Bed (Wall mounted) Wall mounted pull down, single bed with mattress (hardly used). Metal frame. £80. Call Mark on 07598 937328. £80 ono 07598 937328

**BRASS** Headboard Fits 4'6" divan bed. Very good condition. £40 ono 07710 244370

## Carpets &amp; Rugs

**LIGHT COLOURED** carpet Beige with speckle 10 months old approx. 10ftx10ft with stair pieces buyer collect £99.99 Tel: 01245 443925

**RUG** IN lovely cream long pile. Size approximately 32" wide (80cm) x 59" long (150cm). Brand new so in vgc £30 Tel: 01277 652018

## Cine Cameras &amp; Projectors

**SLIDE PROJECTOR** Reflecta 1800 AF slide projector, fully automatic autofocus slide proj with remote control for transport. forward/reverse. Lens 2.8/90 mm MC £35 ono Tel: 01279 421508

**SCREEN** For slide projector Screen for slide projector £15 ono Tel: 01279 421508

## Photography

**BINOCULAR** - BARSKA Blackhawk compact 10x25 waterfogproof, BAK 4 coated optics. New in original box with case. Good for bird watching sport. Amazon's price £59. Ideal gift. £19 Tel: 07746 100626

**EPSON PICTUREMATE** Photo Printer with manual, CD ROM driver, power lead & sealed ink cartridge. Not boxed, but never used. Ring after 7.30pm. £35.00 ono Tel: 01245 610330

**CAMERAS SELECTION** of 35mm film cameras, movie camera and accessories job lot. £15 ono Tel: 01245 283167 or 07505423181

**CAMERA** Bag Centron SLR outfit bag, 26x16x17 cm, weatherproof, compartmented, three large accessory pockets, extendible shoulder strap with non-slip pad, detachable waist strap, carry handle and detachable tripod straps, quick access hold open velcro and rain protection lid, large document pocket, rubberised base. Never used condition as new. Letchworth address. £18 01462 671188

## Computer Accessories

**PALM Vx** Handheld PDA Hot sync cradle & battery charger via serial port. Leather case, stylus pens. Handbook & CD. Ideal for enthusiasts/collector of vintage electronics £10 ono Tel: 01277 655272

**SAMSUNG GALAXY Tab** 3 - 7 inch WVGA screen, 1GB/8GB storage, SD slot, Android JB, WiFi, F/B camera, long battery. Boxed with original accessories & case worth £15. New condition. £65 Tel: 07746 100626

**SKYLANDERS, GIANTS & Swap Force** Wii games and figures, with expansion packs, figure cases and portals. Full working order. Roughly 75 figures. Chelmsford area. £30.00 Tel: 07913 407155

**SAT-NAV BINATONE** F435 satellite navigation system with case, car charger, windscreen holder and user guide. All in new condition & never used. £30.00 ono Tel: 01245 610330

**DESK OAK** effect, suitable for home or office use L 120 x D 65 x H 70, good condition £15 Tel: 07736 165651

**FILING CABINETS** 3 x wooden cabinets. W 18 1/2" x H 31 1/2" x D 11 1/4" x H 31 1/2" £10.0 each or 3 for £25 Tel: 07736 165651

**COMPUTER DESK** with sliding shelf for keyboard, in excellent condition. £13 ono Tel: 01702 231002

**IKEA DESK CHAIR** Wooden/oak effect/chrome legs & wheels, excellent condition £15 Tel: 07736 165651

**COMPUTER** workstation Sturdy metal frame with lockable castors. Melamine desktop, keyboard shelf and printer shelf. Built to take tallest tower PC. Very good condition. H755xW800xD500mm. Letchworth address. £40 01462 671188

**MONITORS** 20 inch Flat screen A pair of 20 inch Dell Flat Screen monitors with stands. Black and silver with vga and dvi connections. In good working order with all cables. Can split if 2 not required. Collection from Hertford £40 ovno 07774 164983

**LAPTOP** Backpack Tech Air 17 inch laptop backpack, padded compartment, multiple pockets. Letchworth address. £20 01462 671188

**ABS** keep fit sit up equipment To strengthen abs £2 £2

## Games Consoles &amp; Games

**NINTENDO Wii** 'Band in a Box' wireless guitar, drum kit & Beatles Rock Band game. Not boxed, but hardly used & in great condition. Ring after 7.30pm. £80.00 ovno Tel: 01245 610330

## Self-serve and save time

## Mobility



## ACORN CURVED STAIR LIFT

Acorn stair lift to fit curved staircase. Bought new in April. Includes delivery and installation by Acorn engineers and comes with a 3 month warranty. Cost £5k. Please quote ref 265160.

£2500

Tel: 0800 073 9793

## STRYDER MOBILITY SCOOTER

2 batteries  
Range - approx 25 miles  
Lights -

Colour - Burgundy  
Large comfortable seat  
vgc

£325.00 ono

Tel: 01245 223124 or 07873710665

## ROLLATOR IS 4 wheel type in blue with brakes and seat, excellent condition. £40 ono Tel: 01702 231002

## BATH BOARD with handle, as new. £15 ono Tel: 01702 231002

## TRANSFER turntable Transfer turntable, heavy duty with a non-slip base. For maneuvering and changing the position of a disabled person when handling to transfer from a bed to chair or car to wheelchair. Diameter 13 inch. In excellent condition £50 07448661291 £50 07448 661291

## Newspapers &amp; Magazines

**CRYSTAL GAME SET** Comprises Chess, Draughts and Backgammon, in good condition never used £10 ono Tel: 01702 231002

## Toys &amp; Games

**FURREAL FRIENDS** Scamps My Playful Pup Dalmatian Dog with accessory bone & rope. Responds to touch with sound & motion. Hasbro Toy 30cm Tall. Excellent condition. £10.00 Tel: 01277 655272

**PIXEL CHIX** Mattel Electronic Toy baby sister single storey house & two storey house with roof pool. Can be linked together. Excellent working condition. £6.00 Tel: 01277 655272

## Toys &amp; Games

**SKYLANDS, GIANTS & Swap Force** figures, all 3 Wii games, portals and carry bags, circa 75 figures and expansion chests. Excellent condition Chelmsford area. £30.00 Tel: 07913 407155

**TRAMPOLINE MR** Bounce first trampoline with handle and square frame. Suit 18mths to 5 years. Elastic has been replaced. Instructions included. £5 ono Tel: 01245 265517

**FURREAL FRIENDS** Newborn Bunny Rabbit grey with white tummy. Responds to touch with sound & motion. Hasbro Toy 18cm long. Very cute. VGC. £4.00 Tel: 01277 655272

**LEGO BASIC** bucket, mixture of cars and people or houses, build your own. For average 7 years. Good value to add to collection for Christmas. £15 Tel: 01277 226427

**MAMAS & papas** Chicks Pram. With Under Tray, Hood, Cover, Parasol, adjustable height handle and bag. vgc. £12 ono Tel: 01277 632096 or 07759 978849

**CHILDS QUAD** bike Little Imp childs quad bike. 9v battery and charger. Very good condition. Would suit 2-4yr olds. £15.00 Tel: 01245 352874

**FOOTBALL TABLE BARGAIN** Ok for table top as legs missing, but works fine. Needs a ball £3 Tel: 07736 165651

**MEGABLOCKS** LARGE quantity of clean Megablocks with foldaway table to build it on. Can send photo on request. £10 Tel: 07841 654570

## Watches &amp; Jewellery

**CONCORDE WATCH** collectors stainless steel 40th anniversaryboxed chronograph watch selling on ebay at over £100 . £80.00 Tel: 01277 363696 or 07748503013

**Self-serve** and save time

## Mind, Body &amp; Soul

24/7 Advertising for private and trade

## Chiropodists

**JULIE** GOLDEN HPC STATE REGISTERED CHIROPDIST home VISITS. 01279 873492 07916 075451

## Hairdressers

**MOBILE** Hairdresser Reliable, friendly service. Call Lisa 0717710419

BuySell marketPLACE

24/7 BuySell marketPLACE



## Curtains &amp; Blinds

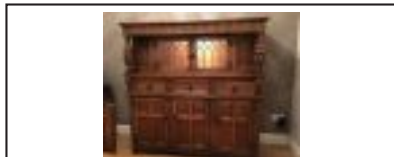
**INTERIOR BLINDS**  
All types  
Call Martin on  
**01279 726088**  
**07836 702734**

## Curtains &amp; Blinds

NET CURTAINS Assorted sizes,  
Jardière, Straight, Festoon and Café.  
Drops 49"-51". Widths 5ft-18ft (Rom-  
ford) £10 Tel: 07948 318956



## Dining Furniture

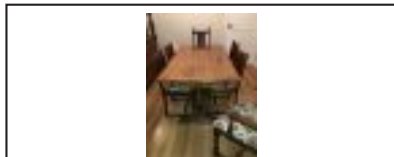


## OLD CHARM CABINET

Genuine Old Charm display cabinet / sideboard.  
Light inside display cabinet. Solid oak, very good  
condition, been in family since new, early 50's.

£100 ono

Tel: 01245 324815 or 07973 414439



## OLD CHARM TABLE &amp; 6 CHAIRS

Genuine Old Charm solid oak dining table & 6  
chairs (2 carvers). Been in family from new since  
early 50's. Hand made with ornate carvings.  
Very good condition, very hard wearing.

£100 ONO

Tel: 07973 414439 or 01245 324815

**MAHOGANY DINING** Room Furniture  
Oval extending table and 6 chairs with  
cream seats and backs. Matching  
wall /display unit with internal lights.  
Good condition. Buyer to collect  
£100.00 ono Tel: 01621 815130

**UTILITY SHEEDBOARD** 1940's approx-  
imately 4'6" wide x 3'3" high x 1"9"  
deep medium coloured, four drawers  
and two cupboards with shelves. Ideal  
for upcycling £20 Tel: 01277 652018

**COFFEE CUPS & Saucers** Set  
BEAUTIFUL, Aynsley Blue Mist delicate  
design, 6 piece set, still boxed never  
used. £45 Tel: 07736 165551

## DIY &amp; Tools

**MAKITA LIMITED** edition 40th-an-  
niversary heavy duty adjustable  
pouch and belt set. Item no.66-637.  
Brand new and still in packaging.  
£40 Tel: 01245 440306 or 07788  
190709

**LADDER** 7 tread wooden step ladder  
with top platform, plus fold-over top  
/point tin flap. Well used but would  
like a new home £10 ono Tel:  
01245 224293

**WOODEN WINDOW** 815 wide x  
1200 high, opening window and lan-  
guage. Could be used in a garage or  
outbuilding £33 ono Tel: 01702  
231002

**CIRCULAR SAW** blade Trend craft  
pro tungsten carbide tipped 150 x  
10mm unused £10. £10 Tel: 01245  
440306 or 07788 190709

**MAKITA TOOL** bag black and red  
size approx. 50x30x35 cm unused, 8  
external and 5 internal pockets £25  
Tel: 01245 440306 or 07788 190709

**PILLAR TAPS** Brand new never  
used. Bought for a utility room  
project. Suitable for a utility room or  
similar. £10 ono Tel: 01702 231002

**VERTICAL SLIDING** Sash Weights 2  
x 6.5 pounds, 2 x 6 pounds. They  
were used on sash windows. £20  
ono Tel: 01702 231002

**GOLD LEAF** imitation 14cmx14cm,  
pack of 100 £4.00 Tel: 07754  
527460

**STEPLADDER** WOODEN Vintage  
Height 6ft folded, 7 steps (Romford)  
£10 Tel: 07948 318956

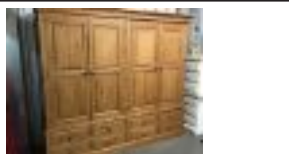
**LADDER** 14FT (4.3m)  
aluminium building ladder,  
extends to 25ft (7.7m) approx.  
Wheeled top section. Grooved  
safety rungs. New ladder feet.  
£65 ono Tel: 01245 353992

## Self-serve it FOR FREE



Sold £10

## Household Miscellaneous



## WANTED FURNITURE WANTED

from one item to a whole house  
anything considered  
I will collect and pay cash  
For a fast and friendly service  
Please call Robert on

£1-1000

Tel: 07725040930

**CANTEEN OF CUTLERY** Bestecke  
Qualitat Set 1829 Solingen German  
70 piece stainless steel cutlery in  
lovely case. Only used once or twice.  
An absolute bargain. £100 Tel: 01277  
652018

**CARDBOARD BOXES** various sizes  
secondhand strong & robust for mov-  
ing house & longtime storage folded  
flat for transport collection Great Bad-  
dow, Chelmsford £1 each £1.00 Tel:  
07554 92242 or 01245 476144

**CORDON BLEU** Cookery books, its  
the complete set of 24 small hard  
back books, one on each subject of  
cooking. Old, original, but in great or-  
der, with no damage. £45 ono Tel:  
01277 226427

**HENDRICKS GIN** - Ltd Ed Limited  
edition this collectible. Midsummers  
Dream cups & saucers x 4. Ab-  
solute bargain, mint with an original  
box. Pics avail £50 Tel: 01277  
363696 or 07748503013

**JOHNSON** "SPIRITS of Nature"  
teaware 40 pieces including teapot,  
8 each cups & saucers and  
more, very attractive and in excellent  
condition £45 ono Tel: 01277  
652018

**NORITAKE** LEGENDARY dinner and  
tea ware 45 pieces, includes 3 size  
plates, bowls, tureen salt and pepper  
pots, sauce boat, cups, saucers,  
teapot, milk and sugar, vgc £95 Tel:  
01277 652018

**ROYAL WORCESTER** EVERHAM  
VALE 21 piece dinner and tea ware  
comprising 4 each cups, saucers,  
tea and dinner plates, bowls, and  
flair dish in perfect condition. £45  
ono Tel: 01277 652018

**ROYAL DOULTON** Lambethware. Will  
of the wisp. (2 saucers) Milk Jug +  
Sugar Bowl with lid. Both approx.  
4ins tall. Rarely, if ever used. VGC  
£15 Tel: 01821 854820 or 07756  
047022

**ROYAL DOULTON** PASTORALE fine  
porcelain teatime ware 41 pcs com-  
prising cups, saucers, tea, salted  
and dinner plates, bowls, teapot, sug-  
ar bowl, milk jug, cake plate £65  
Tel: 01277 652018

**SUMMER CHINTZ** Johnson fine  
china tea ware approx 70 pieces  
including teapot, sugar bowl, jug, 15  
cups/saucers, bowls, tea, salted  
and dinner plates, bowls, teapot, sug-  
ar bowl, milk jug, cake plate £65  
Tel: 01277 652018

**TAUCHMEISTER** GERMAN made  
200 26 jewellers divers men watch,  
stainless steel case and bracelet,  
black dial with date, similar to Rolex  
Submariner, condition in original  
case. £95 Tel: 07748 100626

**COLMANS** MUSTARD Advertising  
large stew/casserole dish. Never  
used. Ideal for punch! Etc catching.  
Rare. Bargain. £300 Tel: 01277  
363696 or 07748503013

**LIMITED EDITION** PRINTS x 2 by  
Mary Fed Powers (1948-1982), signed  
in pencil to image, abstract formation,  
36" x 29" very sought after prints  
each £90 Tel: 01277 652018

**MOULI STAINLESS** steel kitchen  
mouli (manual handle and sieve) for  
making purees, baby foods, sauces  
etc. Cost £30 new. Hardly used. £5  
ono Tel: 01245 265517

**TASSIMO** POD Holder Bosch silver  
rotating pod holder for Tassimo  
pods. Holds 30 pods, 10 in each  
section. New. Bought. Duplicate gift.  
£5 Tel: 01245 265517

## LAUREL BUSHES

SUPERB QUALITY POT  
GROWN IN HOLLAND.  
4ft

NOW IS THE TIME TO  
PLANT FOR A FAST  
GROWING HEDGE.

at CM11 1QN  
ONLY: EACH

£6.50

Tel: 01268 711002  
or 07954990188

**COMPUTER DESK** 3-tier, on wheels,  
pull out tray for keyboard and two  
lower shelves £14 £14 Tel: 07736  
165551

**DESK** OAK effect, suitable for home  
or office use L 120 x D 65 x H 70,  
good condition £15 Tel: 07736  
165551

**FLING CABINETS** 3 x wooden cabi-  
nets: W 1ft 7 1/4" x D 1ft 11" x  
11 1/4" x H 3ft 3 1/2" £10 each or 3  
for £25 Tel: 07736 165551

BOOK via MOBILE

**ROCKING HORSE** Mamas and  
Papas. "chestnut" seat height 76CM  
vgc £80 Tel: 01277 632066 or  
0775997849

**COPPER PIPE** 15mm x 3 meters  
length, per length £5.00 Tel: 07754  
527460

**GOLD LEAF** imitation 14cmx14cm,  
pack of 100 £4.00 Tel: 07754  
527460

**WARDROBE** and Drawers Two  
wardrobes (2 door) with overhead  
storage and central dressing table  
top, drawers and mirror, height 85  
inches, width 88 inches, depth 19  
7/8 inches. Also four drawer unit,  
height 36 inches, width 29 inches,  
depth 16 inches. Both in melamine,  
light cream wood grain effect.  
Wardrobe can be separated for  
easy of transport. Has been used  
but in very good condition.  
Letchworth address. £100 01462  
711188

**LED TRIPOD TORCH** AM-TECH  
SUPER BRIGHT 9 LED TRIPOD  
TORCH. FLEXIBLE LEG TRIPOD WITH  
TENSION LOCK AND 360 DEGREE  
SWIVELLING HEAD, RUBBER ON /  
OFF SWITCH, COMES COMPLETE  
WITH BATTERIES £5.00 07793  
812937 01992304662

**SOLID BRASS VINTAGE**  
COLLECTORS, THREE PRONGED  
TOASTING FORK, THE HANDLE  
DEPICTS A DECORATIVE, IRISH  
JAUNTING CARRIAGE, ALSO MAKE  
A DELIGHTFUL GIFT. 47cms or 18.5"  
LONG. £6.00 01992 581564

**PAPER SHREDDER** ATVA AT—  
18XD, for office or home. large  
capacity, size 29" x 20" x 9", good  
condition. Harrow cost £340 new.  
£35 ono 07789 435112

**RABBIT HUT** Quits large. Fine  
for Guinea—pigs too. Opening door  
at front. Good condition. Could  
deliver. £200 01462 639410  
07833 626029

**SWIVEL** Chair for home or office,  
blue upholstery, black base with  
sisters, height adjustable, in good  
condition, Harlow £15 ono 07789  
435112

**FOR SALE** Circular 18inch fan, 3  
speeds, turns side to side.  
Letchworth address. £18 01462  
671188

## Free To Good Home

**FREE BROKEN** pallets 4  
firewood We have a quantity of  
broken pallets which are ideal for  
kindling, firewood etc please  
contact from Kings Transport  
based at North Weald Airfield Tel:  
01279 888222 or Jayne Arnold

## Kitchen Electrical Appliances

**HOTPOINT** FRIDGE/FREEZER Model  
FFA70. In perfect working order.  
Ample storage space in both sections.  
Manual scratch to freezer door which  
can be covered. £90.00 Tel: 01279  
629792

**COFFEE MAKER** Braun filter coffee  
maker 1.2 litre capacity. Cream and  
black with clear glass jug £10 Tel:  
01245 224293

**FREESTANDING** Dishwasher  
Curry's Essentials Freestanding  
Dishwasher. 5 months old, hardly  
used, 2 year warranty from new.  
Cost: £170, Excellent condition and  
full working order. 12 Place  
settings. 845mm H x 598mm W x  
610 D. Originally bought as short  
term stand-in until new kitchen  
arrives next week. Must collect.  
£50 ono 01279 501242

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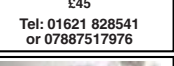


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## Public Notices

### Essex County Council

#### (Footpath between Watersmeet and Paringdon Road, Harlow) (Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

**Effect of the order:** To temporarily close that length of Footpath between Watersmeet and Paringdon Road, Harlow in the District of Harlow, from its junction with Paringdon Road and its junction with Watersmeet, a distance of approximately 53m. The closure is scheduled to commence on 12th February 2018 for 19 days, or where stated on a valid permit (AZ0081000655544 - Cadent Gas). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while gas mains connection works are undertaken by Cadent Gas.

An alternative route is available via Watersmeet, Millersdale, Paringdon Road and vice versa.

The Order will come into effect on 18th January 2018 and may continue in force for 6 months or until the works have been completed, whichever is the earlier.

#### (Littlebury Green Road, Littlebury) (Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

**Effect of the order:** To temporarily close that length of Littlebury Green Road, Littlebury in the District of Uttlesford, from a point approximately 700m west of its junction with Chestnut Avenue for a distance of approximately 178m in a westerly direction. The closure is scheduled to commence on 12th February 2018 for 2 days, or where stated on a valid permit (BC005CB1W00000EA3PKU33SH - BT). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while renewal of faulty aerial cable works are undertaken by BT.

An alternative route is available via Littlebury Green Road, Royston Road, Station Road, London Road, Chestnut Avenue and vice versa.

The Order will come into effect on 18th January 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

## Public Notices

### Goods Vehicle Operator's Licence

Paul Richard Hayden & Lenny Paul Hayden trading as 24 TRANSPORT SERVICES LTD of 8 Old House Lane, Royden, Essex CM19 5DH is applying for a licence to use ALLENGALE, Reeves Lane, Royden, Harlow, Essex CM19 5DE as an operating centre for 2 Goods Vehicles and 1 Trailer.

Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Hill Crest House, 386 Harehills Lane, Leeds LS9 6NF stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A guide to making representations is available from the Traffic Commissioner's Office.

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Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

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### TOWN AND COUNTRY PLANNING ACT 1990 PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990

Planning (Listed Buildings and  
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Town and Country Planning (Development Plans  
and Consultation) Directions 1992

### PUBLIC NOTICE OF APPLICATIONS

The following applications have been received by Harlow District Council. These applications and others received can be inspected online at [www.harlow.gov.uk](http://www.harlow.gov.uk) or at Harlow Council Planning Services, Civic Centre, The Water Gardens, Harlow, Essex CM20 1WG on Monday-Friday, 9am-4.45pm. If you are unable to view the plans during these times, please telephone Planning Services on 01279 446856 where a suitable appointment can be made with the relevant case officer.

Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

Application No HW/HSE/17/00451 Ward: Old Harlow

Application Type Householder Application

Location 43 Priory Avenue, Harlow, Essex CM17 0HJ

Proposal Proposed first-floor enlargement.

Reason for Advert Affects Setting of Conservation Area

Harlow Star Publication 11 January 2018



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### A Week on the Algarve

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Departs May 9, 16, Sep 27, Oct 4, Nov 11 2018, Feb 17  
& Mar 14 2019

On this relaxing week in an excellent hotel amid the beauty of the Algarve you will discover not just the spectacular coastline at Cape St Vincent and beautiful Lagos in the rugged west, but also the unspoilt countryside of the hinterland, with historic sites such as Silves, the former Moorish capital. Your resort, Armação de Pêra, boasts one of the most beautiful beaches in the Algarve, with pretty coves and a panorama of brightly coloured fishing boats.

#### Tour highlights

- ✓ Return direct flights from Luton & Stansted
- ✓ 7 nights HB accommodation in the 4\* Holiday Inn on the beach at Armação de Pêra
- ✓ 3 included guided excursions visiting Portimao, Silves, Cape St Vincent and Lagos
- ✓ Services of a tour representative



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### Andalucia's Eastern Coast - Granada & Almeria

**8 days from £569** Flying direct from Luton & Stansted  
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On this holiday, not only will you visit Spain's greatest palace, the Alhambra in Granada, but also the Moorish fortress city of Almeria. Your base is the coastal city of Almunecar. The wonderful sub-tropical climate will help you enjoy the city's rich artistic and cultural heritage. In and around Almunecar the sierras plunge spectacularly into the sea and you will find no less than 25 beaches and coves within its boundary.

#### Tour highlights

- ✓ Return direct flights from Luton & Stansted
- ✓ 7 nights 4\* HB accommodation on the coast in Taramay, Almunecar
- ✓ Included excursion to Granada and the Alhambra
- ✓ Included excursion to Almeria
- ✓ Option to extend your holiday by another week
- ✓ Services of a tour representative

### The Costa Blanca, Valencia & Guadalest

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#### Tour highlights

- ✓ Return direct flights from Luton & Stansted
- ✓ 7 nights HB 4-star accommodation in Calpe
- ✓ Excursion to Valencia
- ✓ Excursion to Guadalest and Alcoy
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### Walking - the Guadiana River & Western Andalucia

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#### Tour highlights

- ✓ Return direct flights from Luton & Stansted
- ✓ 7 nights HB accommodation in a 4\* hotel in Isla Canela
- ✓ 3 guided walks
- ✓ Services of a tour representative



### Walking - the Julian Alps of Slovenia, Venice & Trieste

**8 days from £869** Flying direct from Luton & Stansted  
Departs May 14 & Sep 10 2018

The Italian cities of Venice and Trieste, the coastline of the Venice Gulf and the Julian Alps of Slovenia are the ingredients for this varied and interesting walking holiday. As well as a visit to Venice by night, there is a guided walk down into James Joyce's Trieste, another in the mountain resort of Kranjska Gora and a third around beautiful Lake Bled high in the Alps.

#### Tour highlights

- ✓ Return direct flights from Luton & Stansted
- ✓ 7 nights HB hotel accommodation (3 Lido di Jesolo & 4 Kranjska Gora)
- ✓ 3 guided walks
- ✓ Services of a tour representative





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Harlow Town's Junior Dadson looks to beat his man against Tooting & Mitcham United on Saturday

Photo: ALISON JENKINS.

# Champion Charlie is Hawks' saviour

## Super sub nets last-gasp winner to ease drop fears

A DRAMATIC stoppage time winner from substitute Charlie Edwards secured a much needed maximum return as Harlow Town beat Tooting and Mitcham United 2-1 to ease their Bostik League Premier Division relegation fears.

The triumph on Saturday lifted the Hawks to 19th in the league table, with 27 points from 27 games.

The Hawks had gone ahead with a well-taken Alex Read finish, before being pinned back by the visitors in a thrilling finale, with Edwards bagging his first goal for the club in the third minute of added time to seal a vital victory.

Substitutes Toby Ajala and Edwards combined with a neat one-two to put the latter through.

He slid the ball under the advancing goalkeeper in the third minute of added time much to the to the chagrin of the visitors.

The result was a big relief for manager Danny Chapman, who admitted this was turning into one of the toughest seasons so far for the club.

"We really needed those points and it takes us a little bit away from the bottom two," said Chapman. "It's a confidence boost. In the past couple of games we've deserved something from it for our performances."

"Our performance on Saturday wasn't that good yet we've got something from the game."

"You can use that as a turning point."

"It was great goal to win the game. Toby gave us that little bit

more and he ended up putting Charlie through for the goal.

"We had a lot of ball in the first half and were very sloppy in all we did, and that was disappointing."

"We needed to keep it better and when Charlie came on we did better."

"A draw would probably have been a fair result."

"But this hopefully is a turning point."

### Positive

"The boys kept plugging away. "We have a group of people who are positive in what needs to be achieved. There will be ups and downs but I'm 100 per cent sure we'll be okay."

"It was a great result." The match saw the debut of right back Paul Rogers.

"He did okay," said Chapman. "It's always difficult for someone coming straight in."

"He's someone I tried to get earlier in the season, so I'm pleased to have him on board."

"Craig Pope isn't too far away from fitness, so it's good competition."

"We've had a tough season with injuries, but now virtually everyone is back there's no excuses and it's up to us to get us back up the table again."

"I believe in the players, my staff and myself."

"We've had some great season over the years, but this has probably been the toughest because we've never found ourselves in this position."

"As much as I understand people's frustrations I will do it

the way I want to because there is no other way."

"I believe come the last game in April we will be okay."

The breakthrough came on 76 minutes when Read collected a low cross from Small inside the box. He turned and arrowed the ball into the bottom corner to put the hosts ahead.

The lead lasted nine minutes. As the Harlow defence looked to clear a Tooting attack, the ball fell loose. Chase O'Neill pounced on the opportunity and buried it beyond Hughes to draw the visitors level.

Then came the heart-stopping climax, sending the Harlow fans home purring with delight.

■ HARLOW Town lost 3-0 to Billericay Town in the Essex Senior Cup on Tuesday night.

## Big Cats' latest win goes to wire

LEVETT Essex Leopards made it four wins on the bounce as they came from 15 points down in the first half to beat Westminster Warriors 75-73.

For the third successive time at Brentwood, the game went down to the final seconds before the Big Cats came out on top.

The result keeps Thomas Baker's team in the hunt for promotion, with their next home game seeing leaders Nottingham Hoods visit Brentwood on Saturday January 20 (7pm).

Will Ashby led the way for the hosts, hitting three treys in a 20 point, four rebound three assist performance, while fellow Brentwood boy Dougie Bennett added 18 points and four assists.

Shaq Lewis again provided the spark off the bench with ten points and six boards, while Jamie Hayes added four points to a ten rebound performance.

Lawrence Brown opened the scoring for the visitors, and Leopards struggled with Warriors' size. Warriors led throughout the opening period, and despite Ashby and Jerrell Layne hitting treys, the Big Cats trailed 27-14 at the first break.

Hayes opened the second period scoring but back-to-back triples from Johnson saw Warriors' lead grow to 33-18.

This finally sparked the hosts into life, with Lewis converting a lay-up before Ashby scored seven straight points to cut the deficit to six.

Warriors replied with six unanswered points before captain Bennett landed two triples as he hit ten points in a 13-2 to make it 41-38.

Bennett continued that run with the opening score of the second half before Ashby gave Leopards their first lead of the game, and Caleb Taberner completed the 19-2 run to put the Big Cats 45-41 ahead three minutes into the period.

### Evaporated

Warriors grabbed the lead back with an 8-2 run and the rest of the third period was nip and tuck before Leopards went into the final break with a 59-54 lead.

That lead quickly evaporated as Warriors scored six straight points to open the fourth period, before Lewis, Bennett and Ashby helped Leopards' reply with a 6-0 run of their own.

A Johnson triple saw Leopards' lead cut to 66-65 at the five minute mark but scores from Lewis and Ashby saw them lead by four heading into the final three minutes.

A steal and lay-up from Ashby extended that advantage before Hayes hit a pair at the line to make it a five point game.

Warriors cut Leopards' lead to two with 32 seconds on the clock.

Good defence kept Leopards ahead before Bennett was able to run the clock down and seal the win.

The Big Cats travel to Derbyshire Arrows on Sunday.